HANDBOOK OF

Hypnotic Suggestions and Metaphors

EDITED BY

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An
American Society
of Clinical Hypnosis Book

HANDBOOK
of
HYPNOTIC SUGGESTIONS AND METAPHORS

This book is dedicated with deep love and affection to my children,
Matthew, Erin, Christopher, and Mark

FOREWORD

Hypnotherapy is the application of hypnosis in a wide variety of medical and psychological disorders. Adequate training in psychotherapy is a prerequisite for practicing hypnosis, regardless of whether the clinician is a psychologist, physician, social worker, or dentist. In fact, training in psychotherapy and hypnotherapy is a never-ending process.

A text of this magnitude offers both the neophyte and the experienced clinician a tremendous, comprehensive reference. After receiving initial classroom or workshop training, additional training comes through reading, self-study and self-experience. This book represents a beacon for those desiring additional training in treating clinical problems. Having this reference available will give the new practitioner a very secure feeling.

This is a book for clinical practitioners. In fact, it will undoubtedly become *the* practical companion volume and supplement to comprehensive textbooks and courses on hypnosis. It provides the reader with the "how to" suggestions that therapists use with their patients. Rather than intellectually discussing the topic of hypnosis, this book gives therapists, physicians and dentists a sampling of what experienced clinicians actually say to their patients during hypnotic work. At last we have a book that helps answer the common query from our students: "But what do I say now that the patient is hypnotized?"

Every student and clinician who uses hypnosis will want to have this invaluable and comprehensive desktop reference. It represents the largest collection of therapeutic suggestions and metaphors ever assembled, with contributions from over 100 of the world's finest hypnotherapists. For those interested in the theoretical and research aspects of hypnosis, there are numerous other volumes that may be found in libraries. In my opinion, we are very fortunate in having this new text in which something so complicated has been made so much more understandable.

However, Dr. Hammond rightly emphasizes that this is not meant to be a cookbook of suggestions to be routinely used with certain problems. And simply the extensiveness of the suggestions he has compiled will tend to discourage anyone from mechanically applying the same paragraph of suggestions to everyone with a problem. His inclusion of empirical indications

and contraindications for modules of suggestions is also intended to facilitate thoughtful treatment planning and the individualization of treatment.

What you will find here is a resource book from which you will be able to pick and choose suggestions that you clinically judge to be compatible with individual patients and with your own personal style of doing hypnosis. It is an eclectic book that models a wide range of styles of practice in clinical hypnosis. The tremendous breadth of suggestions will also serve as a stimulus to your creativity in preparing hypnotic suggestions and metaphors of your own. Chapter 2 will enhance your skills further through outlining the principles and guidelines for formulating successful hypnotic and posthypnotic suggestions.

Suggestions included in the book concern dozens of clinical problems. There are chapters and sections of suggestions on such medical topics as pain, hypnoanesthesia and hypnotic preparation for surgery, burns, emergencies, gastrointestinal disorders, cancer, chemotherapy, dermatologic complaints, obesity, smoking and addictions, childbirth training, obstetrical and gynecologic applications, insomnia, autoimmune diseases, and hemophilia.

Psychotherapists will find practical suggestions concerning habit disorders (e.g., nailbiting, trichotillomania), anxiety and phobic disorders, sexual dysfunctions and relationship problems, concentration, academic performance, sports, ego-strengthening to increase self-esteem and self-efficacy, posttraumatic stress disorders, multiple personality disorder, severely disturbed (e.g., borderline, schizophrenic) patients, and other emotional disorders. A chapter on hypnosis with children includes such clinical topics as pain and hypnoanesthesia, dyslexia, stuttering, enuresis, Tourette syndrome, school phobia, and asthma. Dentists will find useful suggestions concerning bruxism, TMJ, anxiety and phobic responses, pain control, thumbsucking, vascular control and gagging. There are also suggestions to be found on facilitating age regression, age progression, and time distortion. Each chapter represents the epitome of clinical expertise extant in our field.

This *Handbook* contains a wealth of original and previously unpublished suggestions that Dr. Hammond solicited from many of our most experienced hypnotherapists. In these pages you will also discover many of the finest suggestions that have appeared in books, chapters and journal articles over the last 30 years. For example, suggestions are included from throughout the back issues of the two most prestigious hypnosis journals in the world, the *American Journal of Clinical Hypnosis* and the *International Journal of Clinical & Experimental Hypnosis*. Dr. Hammond has done the work for us of reviewing tens of thousands of pages of books and journals, and then compiling in one place the practical clinical gems that he discovered.

This book was a massive undertaking. Tasks of this kind require literally hundreds of hours of personal sacrifice and effort. Very few people possess this dedication and scholastic capability. The present text is literally Herculean in scope, volume and content. The book is also unique in that neither Dr. Hammond nor any of his contributors will receive royalties from its publication. The book was literally a labor of love by all those who

have contributed. It was donated to and accepted as an official publication of the American Society of Clinical Hypnosis. All royalties from its sale will go to the American Society of Clinical Hypnosis to promote further research and workshop training in clinical hypnosis throughout the United States and Canada.

Dr. Hammond is a master clinician of unusual breadth and talent who has become one of the giants in the field of clinical hypnosis. Part of his brilliance lies in the expertise that he has in integrating the practical contributions that are found in a great diversity of different orientations and approaches to hypnosis. Although he clearly makes scholarly and research contributions to the field, Dr. Hammond is primarily a clinician of the greatest magnitude, as exemplified by this text. Cory Hammond is one of the few people whom I know capable of authoring and compiling this type of text. People in the field will always be indebted for this yeoman challenge which he has completed in this magnificent presentation. His clinical breadth, extensive practical experience, and thorough knowledge of the field are truly reflected in this work. Dr. Hammond's book is destined to be a classic in the field that will be sought after for decades to come. It will rank as one of the greatest therapeutic contributions made in the fields of medicine, psychology, dentistry and allied fields.

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INTRODUCTION

This is a practical resource book for clinicians. Although it is a large compilation of therapeutic suggestions and metaphors, I wish to emphasize from the outset that it is not intended as a "cookbook" of suggestions to be routinely used with various clinical problems. My own personal philosophy of hypnotherapy is to encourage therapists to individualize hypnotic suggestions to the unique personality, expectations, motivations and problems of the patient (Hammond, 1988a).

In the introductions to chapters I have often provided a scholarly overview of relevant research because I believe that it is important for clinicians to be aware of this literature. But this volume is not intended as a thorough text of the field of hypnosis. Rather, it is first and foremost a practical reference for clinical practitioners who are already trained in the use of hypnosis and a practical companion volume to comprehensive textbooks (e.g., Crasilneck & Hall, 1985; Hammond & Miller, in press; Watkins, 1987; Weitzenhoffer, 1989; Wester & Smith, 1984).

The intent of this book is to provide clinicians with models of hypnotic suggestions and metaphors from seasoned hypnotherapists who have diverse approaches and styles. Verbalizations for hypnotic induction and deepening techniques have not been included because they may be found abundantly in the texts identified above, as well as in the American Society of Clinical Hypnosis course text, *Hypnotic Induction and Suggestion* (Hammond, 1988c).

All too frequently we are only exposed to general descriptions of a therapeutic approach. As part of our training, we certainly need instruction in theory, history, assessment, guidelines and overall strategies. But if we are to function effectively as clinicians we also need exposure to the pragmatic nuts and bolts of what to say to patients. There is a deficit of such material in graduate education and students regularly complain that their training is not practical enough. This volume is designed to respond to that need and provide you with a look at what experienced clinicians actually tend to say to their patients during hypnotic work.

You will find suggestions that are highly indirect, permissive and metaphoric, and ones that are also very direct, forceful and authoritative. I must admit to having occasionally included a suggestion that I, personally,

would probably not use with a patient, despite considering myself very eclectic and flexible. But there may be some readers who will appreciate and find certain of these same suggestions both helpful and compatible with their own style. As therapists we are as distinctive as our patients. It is hoped, therefore, that as you treat patients with specific problems you will find that you can pick and choose different paragraphs and modules of suggestions from various contributors and adapt them to your individual patient. The variety of suggestions will often provide you with alternative ways of communicating with a patient about a particular problem. We cannot always know for sure which ideas will produce the desired motivation. As Erickson (Rossi & Ryan, 1985) said, "You provide a multiplicity of suggestions: the more suggestions that you give, and the more simply you give them, the greater the possibility of getting some of them accepted. Your task isn't to force a patient to accept suggestions. Your task is to present a sufficient number of suggestions so that he will willingly take this one and that one" (p. 213).

In many ways hypnosis is the art of securing a patient's attention and then effectively communicating ideas that enhance motivation and change perceptions. There is nothing sacred about the phrasing of the suggestions in this volume. As Dr. Milton Erickson (Rossi & Ryan, 1985) taught, "I want all of you to be willing to disagree with my wording, because it's right for me but it may be wrong for you" (p. 216). You will undoubtedly find interesting ideas and concepts that appeal to you in the suggestions of many different contributors. But ofttimes you will probably find yourself wanting to convey the same idea a little differently, in your own way or in a manner that you believe will be more appealing to a particular patient. This is as it should be. In fact, this was another reason for compiling this volume—my belief that it will serve to stimulate your creativity in preparing your own suggestions and metaphors.

Alexander Hamilton once said, "Men give me some credit for genius, but all of the genius I have lies in this. When I have a subject in mind, I study it profoundly, day and night it is before me. I explore it in all its bearings. My mind becomes pervaded with it. The result is what some people call the fruits of genius, whereas it is in reality the fruits of study and labor." Part of the genius that was attributed to our Society's founding President, Dr. Milton H. Erickson, stemmed from this same kind of hard work and study. His sophistication and polish evolved from his discipline in carefully writing and rewriting suggestions and thoughtfully planning treatment (Hammond, 1984a, 1988b). He did this regularly for several decades of his life. Although this book will undoubtedly contain suggestions that you will find useful with patients or clients, it is also hoped that these materials will provide you with ideas and encouragement to thoughtfully prepare your own suggestions and metaphors.

The Underlying Therapeutic Philosophy: Integrative Hypnotherapy

Certainly this edited work reflects some of my own philosophy of psychotherapy, which is one of broad spectrum, eclectic treatment. Reli-

ance on a limited range of methods and one approach appears to often be associated with inexperience as a therapist (Auerbach & Johnson, 1977; Fey, 1958; Parloff, Waskow, & Wolfe, 1978; Strupp, 1955; Wogan & Norcross, 1985). In fact, research has found that it is the most highly experienced therapists who ascribe to an eclectic approach (Norcross & Prochaska, 1982; Smith, 1982), refusing to be limited by adherence to only one orientation. Currently 30%-54% of psychotherapists from various disciplines identify themselves as eclectic (Norcross, 1986). It is my belief that not all patients need the same thing. Thus you will find a tremendous diversity in the suggestions represented in this book. In fact, when therapists tend to inflexibly use the same approach with all patients, there is evidence that destructive effects are much more likely to occur (Lieberman, Yalom, & Miles, 1973).

In the specialty area of hypnotherapy, we are beginning to witness an evolution similar to what has been seen in the broader field of psychotherapy where innumerable therapeutic schools and cults have sprung up. Various orientations to hypnosis have also begun to evolve. Unfortunately, we now see some clinicians who have begun to operate on the "one-true-light-assumption" that their specialized approach to hypnosis is *the* correct one. Similar to Erickson, I refuse to be limited by a unitary theory or orientation, either in psychotherapy or in my use of hypnosis. I value and encourage an openness to learning from all quarters. I am indebted to the work of many different master clinicians and hypnotherapists with highly divergent styles who have enriched my work in ways that would have never occurred if I limited myself to only one approach.

Thus I identify my approach to hypnotherapy as *Integrative Hypnotherapy* (Hammond & Miller, in press). This is an eclectic, multidimensional orientation that seeks to be comprehensive, incorporating methods from many hypnotic approaches. It is part of the emergent trend in psychotherapy, tracing its roots to pioneers like Thorne (1967), Wolberg (1954, 1967, 1987), Lazarus (1981), and more recently Beutler (1983), Prochaska and DiClemente (1984), Norcross (1986), and Hammond and Stanfield (1977). Depending upon the individual patient, direct, indirect, metaphoric, and insight-oriented techniques may be employed to alter behavior, affect, physiologic processes, imagery, perceptions, cognitions, and the internal dialogue of patients. Hypnosis is used to explore preconscious and unconscious functions, resolve historical factors, and utilize unconscious resources.

This method of working builds on the general philosophy of technical eclecticism (Lazarus, 1981; Hammond & Stanfield, 1977), encouraging the prescriptive use of techniques according to indications and contraindications derived empirically and by experimental validation, rather relying on theories. Unfortunately, research on effectiveness is far too often lacking and experimentally validated criteria commonly do not exist on indications, contraindications and the matching of techniques with patient variables. Thus strategy and technique selection currently remain implicit and primarily guided by empirical evidence and clinical experience. Hypnotherapy, like psychotherapy, is still more of an art and only embryonic in scientific development. Tentative and yet systematic and explicit guidelines need to be published concerning strategy and technique

selection with different patients, and this process is currently under development (Hammond & Miller, in press).

Stemming from this therapeutic philosophy, you will find that I have often included some suggestive guidelines and indications for the use of the hypnotic suggestions and metaphors that have been included in the book. I have indicated when these guidelines were mine. The titles and subtitles throughout the text are in most cases mine also. They have been provided to allow you to more easily identify "modules" of suggestions that have a different theme or focus.

A necessary limitation of this book is that it focuses primarily on what we call suggestive hypnosis. Sometimes suggestive hypnosis is all that is needed to successfully treat a clinical problem. However, there are times when problems and symptoms are related to historical factors (e.g., trauma) and/or serve adaptive functions and purposes that are beyond conscious awareness. In these cases, delivering hypnotic suggestions and metaphors will be most effective following uncovering and age regression (abreactive) work. A comprehensive, integrative approach to hypnosis thus includes the use of exploratory and insight-oriented hypnotic techniques. These interventions, however, are much more difficult to model in a limited amount of space and consequently are only rarely included in this book. These methods may be studied by consulting Hammond and Miller (in press), Rossi and Cheek (1988), Brown and Fromm (1986), and Watkins (in press).

Finally, I wish to emphasize that hypnosis is often most effective when it is combined with other (nonhypnotic) interventions. Hypnosis is like any other medical or psychological technique or modality: it is not uniformly effective with all problems or all patients. Thus it is vitally important that we do not identify ourselves as "hypnotists," but rather as psychologists, physicians, dentists, social workers, marriage and family therapists, nurse anesthetists, etc., who use hypnosis as one mode of intervention along with our other clinical tools.

Furthermore, ethical practice requires that we only use hypnosis to treat problems that we are qualified to treat with nonhypnotic techniques. If one has not received advanced specialty training and supervision in practicing with children or in doing sex therapy, it seems ethically inappropriate to use hypnosis to work in these areas. Hypnosis training alone does not qualify us to work in subspecialty areas beyond our expertise. Similarly, merely learning a few hypnotic inductions and then seeking to apply suggestions gleaned from a volume like this is likewise deemed to be inappropriate. The reader is encouraged to seek specialty training and supervision in hypnosis from your local university or the American Society of Clinical Hypnosis workshops, and to study comprehensive textbooks.

The American Society of Clinical Hypnosis

PURPOSE AND DESCRIPTION

The American Society of Clinical Hypnosis (ASCH) was founded in 1957, with Milton H. Erickson, M.D., as the first president. Numbering

almost 4,000 members, the ASCH is a nonprofit professional organization. Its purpose is to establish and maintain the foremost society in North America of professionals in medicine, psychology and dentistry dedicated to informing the public about the therapeutic effects of hypnosis and educating qualified professionals in the use of hypnosis for the benefit of humanity and themselves.

A central objective of the society is to provide and encourage educational programs to further, in every ethical way, the knowledge, understanding and acceptance of hypnosis as an important clinical tool. Thus, almost monthly, ASCH conducts beginning, intermediate and advanced training workshops at different locations throughout the United States and Canada, as well as an annual workshop. Approximately four dozen local Component Sections of the American Society of Clinical Hypnosis also provide ongoing professional interaction and educational programs.

Another key purpose of the society is to stimulate research and encourage scientific publication in the field of clinical hypnosis. Thus we also sponsor an annual scientific meeting, held in conjunction with the annual workshops. The American Journal of Clinical Hypnosis is published quarterly by the society. In addition to the professional papers and book reviews, the journal also includes abstracts of the worldwide hypnosis literature. A comprehensive computer search of references to worldwide publications is also included in each issue of the Newsletter, which is published five times a year. The ASCH Education and Research Foundation was established to encourage and promote both education and research.

Training Opportunities

REGIONAL WORKSHOPS

Eight or nine regional workshops are held yearly in different cities throughout the United States and Canada. This training is available to licensed psychologists, physicians, dentists, social workers, marriage and family therapists, and masters degree level registered nurses with advanced subspecialty training and certification. Medical residents and doctoral students in medicine, dentistry and psychology are also eligible to attend. Students, residents, interns, ASCH members, and full-time faculty members are eligible for discounted registration rates.

The regional workshops generally are conducted at three levels simultaneously: beginning, intermediate and advanced. A course text is available to participants and the workshops include the opportunity for several hours of supervised practice. The faculty is changed for each regional workshop, providing participants with models of a variety of styles of practice. Workshops generally begin Thursday evening and conclude at noon on Sunday. You may write for information at the address listed below.

ANNUAL WORKSHOPS AND SCIENTIFIC MEETING

Held in late March or early April each year, the annual meeting consists of two and one-half days of workshops and a two-day scientific meeting. A

beginning and intermediate workshop is part of the program, and there is an extensive range of advanced workshop offerings. The 50-60 faculty members for the annual workshops include many of the finest teachers in the world. Professional papers in the scientific meeting cover a broad range of topics.

AMERICAN JOURNAL OF CLINICAL HYPNOSIS

Published quarterly, the *American Journal of Clinical Hypnosis* contains both experimental and clinical papers, book reviews, and abstracts of worldwide hypnosis literature that is in English or has English abstracts. Yearly subscriptions are available for $30. Subscription and advertising inquiries should be sent to the Business Manager, ASCH, 2200 E. Devon Ave., Suite 291, Des Plaines, IL. 60018, USA.

VIDEOTAPE LIBRARY AND AUDIOTAPES

Dozens of audiotapes of past workshops and scientific meeting presentations are available for purchase to professionals. In addition, the ASCH Videotape Library contains over 80 high quality videotapes of recognized authorities in the field demonstrating techniques. These videotapes are available for rental to members or Component Sections of the society.

BOOK SALES

For the convenience of members and attendees at workshops, ASCH maintains an inventory of many of the most respected volumes on different aspects of clinical hypnosis. In addition, the following three publications are available exclusively from ASCH:

1. *Hypnotic Induction and Suggestion*, edited by D. Corydon Hammond, Ph.D., is the ASCH course text for beginning and intermediate level workshops. This 134-page monograph is highly practical in nature and ideally suited for use in courses and seminars. A free instructor's copy is included with each class order of 20 or more books. It includes: verbalizations for 12 induction techniques; principles of induction and suggestion; a checklist assessment instrument for individualizing hypnosis; over 20 deepening techniques; guidelines and questions for rapid unconscious exploration through ideomotor signaling; 19 strategies for managing resistant patients; an annotated bibliography describing the contents of 135 books on hypnosis; preparing the patient; phenomena of hypnosis; stages and depth of hypnosis; self-hypnosis; adverse reactions; hypnosis and children; types of suggestions; and hypnotizability scales. It is available from ASCH for $15.00/copy plus $2.00 postage and handling.
2. *The ASCH Manual for Self-Hypnosis*, by D. Corydon Hammond, Ph.D. This 40-page manual is designed to provide your patients with the essential principles for using self-hypnosis. It will save you time in the

office, and patients who won't read a lengthy book will be willing to read this manual. Sections include: What is Hypnosis? Preparing for Self-Hypnosis; Preparing Hypnotic Suggestions; The Process of Self-Hypnosis; Deepening Your Hypnotic State; Spectatoring and Dealing with Distractions; Imagination: The Catalyst for Change; Having a Dialogue with Your Symptom; The Council of Advisers Technique; The Inner Adviser Technique; Mental Rehearsal and Age Progression; Erickson's Method of Self-Hypnosis; References for Further Reading. The cost is $5.00 (plus $2.00 shipping and handling on single orders), and quantity discounts are available to encourage its use with your patients.

3. *Learning Clinical Hypnosis*: *An Educational Resources Compendium*. "A unique, up-to-date volume on the methods and teaching of therapeutic hypnosis by D. Corydon Hammond and the acknowledged authorities of the American Society of Clinical Hypnosis. This is the *standard reference text* that belongs in the libraries of all medical, dental, and nursing schools, as well as graduate departments of Psychology and Social Work. Students and mature clinicians of all specialties will find an excellent orientation to the therapeutic art and leading edge of modern hypnosis right here!" Ernest L. Rossi, Ph.D.

   This 393-page volume includes 265 pages of practical handouts and summaries of clinical techniques, 28 handouts on induction and deepening techniques, and 34 inductions for children. It includes sections on: foundations of knowledge, an overview of modules for teaching hypnosis and model course outlines, numerous alternatives for teaching demonstrations, many experiential learning exercises, formulating hypnotic suggestions, methods of unconscious exploration, age regression, methods of ego-strengthening, hypnotic strategies for pain management, specialized techniques and metaphors, resistance, and a comprehensive overview of commercially available audiovisual aids and resources. It is available for $37.50 (add $3.50 for shipping and handling).

COMPONENT SECTIONS

Approximately four dozen local component sections of ASCH provide support, professional interaction, and further training opportunities to members. Many component sections also allow masters degree practitioners membership status. Foreign affiliated societies offer still further opportunities for international exchange.

THE ASCH NEWSLETTER

Published five times a year, the Newsletter provides members with timely information about latest developments in the field and training opportunities. Clinically relevant information is frequently included, as well as a current literature computer search update.

Eligibility for ASCH Membership

To be eligible for membership, the applicant must have:

a. An M.D., D.D.S., D.M.D., D.O. or a Ph.D., or an equivalent degree (e.g., Ed.D. or D.S.W.) with psychology as the major study. (Doctoral level social workers and doctoral level marriage and family therapists frequently meet these requirements);
b. a doctorate from a university or college accredited by its appropriate regional accrediting body;
c. a license to practice in the state or province;
d. membership or eligibility for membership in a professional society consistent with his/her degree;
e. 40 hours of appropriate professional training and experience in clinical or experimental hypnosis.

To be eligible for associate membership, the applicant must have:

a. An M.D., D.D.S., D.M.D., D.O. or a Ph.D., or an equivalent degree (e.g., Ed.D. or D.S.W.) with psychology as the major study;
b. a doctorate from a university or college accredited by its appropriate regional accrediting body;
c. a license to practice in the state or province;
d. membership or eligibility for membership in a professional society consistent with his/her degree;
e. an associate member shall have two years' time allotted for acquiring the prerequisite clinical experience and training for full membership requirements.

To be eligible for student affiliate membership, the applicant must be:

a. A full-time student with a minimum of 45 completed graduate semester hours or 60 completed graduate quarter hours; and shall be (1) enrolled in a graduate program in active pursuit of a doctorate in medicine (M.D. or D.O.), dentistry or psychology, or (2) enrolled in a doctoral program where psychology is the major field of study;
b. pursuing his/her doctoral degree at a university or college fully accredited by the appropriate regional accrediting body to give such a degree.

For further information concerning membership, training, tapes or publications, please contact:
The American Society of Clinical Hypnosis
2200 East Devon Ave., Suite 291
Des Plaines, Illinois 60018
(312) 297-3317

All royalties from the sale of this book have been donated to the American Society of Clinical Hypnosis to promote further training and research in hypnosis.

Acknowledgments

This book represents the compilation of many different people's styles and ways of working. Appreciation is extended to the dozens of master clinicians who freely contributed their work to ASCH for publication in this volume and in the 1973 *Handbook of Therapeutic Suggestions.* The finest suggestions from the 1973 volume have been retained in this book.

Thanks are also in order to Dr. Louis Dubin, past president of the American Society of Clinical Hypnosis, and to my colleagues on the Executive Committee of ASCH for encouraging this massive undertaking. I am also appreciative for the assistance of Drs. Michael Yapko, Valerie Wall, and Daniel Kohen for reviewing and providing feedback on some of the original material that was submitted. Most of all, I appreciate the sacrifices of my loving wife and companion, Melanie, who provided encouragement, endured this project along with me, and thoughfully helped proofread this volume.

FORMULATING HYPNOTIC AND POSTHYPNOTIC SUGGESTIONS

In this chapter we will overview the major principles and guidelines involved in formulating effective hypnotic suggestions. Afterwards, we will discuss different types of suggestions that may be constructed and how to phrase suggestions. Finally we will examine the process of how you may present a series of suggestions in order to production different hypnotic phenomena. Keep in mind that hypnotic suggestions may be directed toward behaviors, emotions, sensations and physiologic processes, cognition, imagery, and relationships (Hammond & Miller, in press; Hammond & Stanfield, 1977). Suggestions may also focus on producing immediate responses within the hypnotic session or posthypnotic effects.

Principles of Hypnotic Suggestion

ESTABLISH RAPPORT AND A COOPERATIVE RELATIONSHIP

Establishing a relationship with the patient must always be considered the first and most vitally important prerequisite for suggestions to be effective. Relating to the patient in a warm, understanding, caring and respectful manner reduces defensiveness and creates the trusting kind of climate that is necessary for hypnosis to be maximally effective. Because hypnosis is a cooperative venture, rather than something we do *to* the patient, it is crucially important to devote time to the human relationship dimension and not to simply concentrate on technical expertise in hypnosis alone.

CREATE POSITIVE EXPECTANCY

Experienced hypnotherapists are probably more effective than new students, at least in part, because they act utterly expectant and confident that their suggestions will occur. This inspires confidence in patients. Act and speak confidently.

There are times, as we will discuss shortly, when it is wise to phrase suggestions in a more permissive and indirect way. Exercise caution, however, that you do not speak in such a laissez faire manner that you are perceived as lacking confidence. This is a mistake common among hypnotherapists with limited experience and confidence, or who are trying to be overly permissive. Be careful about using words such as "perhaps," "maybe," "can," or "might" (Brown & Fromm, 1986). For instance, listen to the lack of conviction and confidence conveyed by these suggestions: "One of your hands *might* begin feeling lighter." "*Maybe* (*Perhaps*) your hand *can* float up." "*Perhaps* a numbness will develop in your hand." Compare the difference when you change the words to "will" and "is." "One of your hands *is* beginning to get lighter, and *will* begin to float up, lighter and lighter." As we will discuss under the principle of successive approximations, you can be permissive concerning the time required to develop a response, and still convey confidence. It is important to make the distinction between being confident and authoritative versus authoritarian and dominating.

THE LAW OF REVERSED EFFECT

The principle of reversed effect primarily applies to making suggestions to produce physiological effects. This "law" refers to the fact that the harder one consciously endeavors to do something, the more difficult it becomes to succeed. Have you ever tried to consciously will an erection or an orgasm? Or, how many times have you retired to bed too late and tried to help yourself to go to sleep, only to find yourself more wide awake? Just as we are unsuccessful at trying to *will* ourselves to perspire or salivate, we are generally unsuccessful in applying conscious willpower to produce therapeutic changes, especially physiologic changes.

As you formulate suggestions, emphasize imagination and imagery rather than appealing to the conscious will. For example, instead of simply verbally suggesting that a hand is becoming numb, you may have patients imagine putting their hand into the snow or into an icy cold stream, while simultaneously suggesting anesthesia. Alternatively, seek to evoke memories and images of life experiences where the phenomenon was experienced in the past. For example: "And one of the things that you don't know that you know, is how to lose the ability to feel. (This is a confusional statement that creates a sense of wonderment.) And yet you've experienced that many times—like when you've fallen asleep on a hand or an arm, and awakened to find it numb, or like when you've gone to a dentist and had novocaine or lidocaine injected—and I'm sure you know what those numb, leathery sensations feel like, do you not?" (These are truisms that evoke memories of the desired phenomenon.)

LAW OF CONCENTRATED ATTENTION: REPETITION OF SUGGESTIONS

This refers to the principle of repetition of suggestions. When we concentrate attention repeatedly on a goal or idea, it tends to be realized.

Thus, a classic principle in formulating important hypnotic suggestions is to repeat them several (e.g., three or four) times. Repetition of suggestion may be accomplished through using somewhat synonymous words and phrases. However, one of Milton Erickson's (1954/1980) contributions to hypnosis was his model of giving *both* direct verbal suggestions and also using metaphoric examples as an indirect method of repeating suggestions. Thus, Erickson often told a metaphor or two to "seed" an idea. He would then make a bridging association, identifying the relevance of the stories to the patient's problem, and finally, he would offer the patient direct suggestions.

THE PRINCIPLE OF SUCCESSIVE APPROXIMATIONS

In formulating hypnotic and posthypnotic suggestions, it is essential to not expect your patients to immediately produce various hypnotic phenomena. As therapists we often err in the same way as our patients: we hold magical expectations that hypnosis will produce instant results. We, like our patients, often want immediate gratification. But most clients do not "leap tall buildings in a single bound." Be patient as you seek to facilitate hypnotic phenomenon, and allow the client time to develop the desired response. It may be helpful, when responses are slow in coming, to mentally break the desired task down in your mind into intermediate steps to be facilitated. When you expect positive results, exude confidence, and are persistent in working to produce one the hypnotic phenomenon, the little bit of extra time will usually be rewarded.

Adjust your pace to your patient's rate of response. Thus you will want to avoid the authoritarian suggestions reminiscent of lay hypnotists and stage hypnotists: "You will immediately...," "In five minutes you will...," "By the time you awaken your pain will be *completely* gone." Respect the individuality of your patient and realize that different persons will require more time to respond to a suggestion. When giving suggestions for new patients, where you are not yet aware of their response potentials, it is, therefore, desirable to phrase the suggestions in more a fail-safe and permissive manner (Erickson & Rossi, 1979). We will discuss this further as we talk about different types of suggestions.

We should add, however, that you can be permissive concerning time, and yet still convey a confidence that patient's will, in their own time, respond to the suggestions. Some of the following types of words are permissive concerning time, but still contain the implication that the patient will respond: "soon," "before long," "yet," "beginning to notice," "shortly," "in its own way." For example: "And do you *begin* to notice the tingling and numbness beginning *yet*?" "*Soon* you'll sense a lightness *starting* to develop in that hand. And you can begin to wonder just *when* you'll *first* sense a twitch and sensation of movement in one of the fingers. And that hand's *becoming* lighter."

THE LAW OF DOMINANT EFFECT

This principle states that stronger emotions tend to take precedence over weaker ones. Thus, once again, rather than appealing to the conscious will,

you will find it more effective to connect your suggestions to a dominant emotion. The famous defense attorney Clarence Darrow once described his prime courtroom strategy. He would seek to stir the emotions of the jury so that they wanted to decide the case his way, and then he would look for a technicality to give them to justify it. We as therapists may similarly be more influential by seeking to stir the emotions of patients and connect suggestions to them. It is my belief that this strategy is probably most effective with those patients who tend to emphasize their heart and emotions more than their intellect and rationality in decision-making. Related to this concept, you may at times seek to arouse an internal state of tension and anticipation in the patient that can be resolved only through producing the desired hypnotic response.

THE CARROT PRINCIPLE

As therapists we sometimes, in effect, try to push our patients from behind, toward a goal. But, like trying to push a mule toward our chosen destination, we find that some of our patients dig in their heels and resist our influence. Instead of pushing people from behind, we should be seeking to motivate them from in front, toward a goal. Therefore, as you formulate suggestions, interject comments about the patient's goals.

This principle encourages us to link the patient's motivations and goals with our suggestions, just as the Law of Dominant Effect encourages us to tie suggestions to strong emotions of the patient. By way of illustration, as part of a suggestion for deepening, you may state: "And you will sink deeper and deeper in the trance as that arm floats up toward your face, because you want to live to raise your children, and you want to become a nonsmoker." Along the same vein, when you work with a patient who gives more importance in his life to logic and reasoning (as contrasted with emotion), provide him with logical reasons (or even pseudo-rationales) for accepting your suggestions.

THE PRINCIPLE OF POSITIVE SUGGESTION

Rather than seeking to override existing motives or attitudes, create positive motivation and attitudes in your patients. This can sometimes be difficult to do, and in actuality, there is no research evidence to validate this principle. Thus you will notice that occasionally a contributor to this book resorts to a negative suggestion. Nonetheless, based on clinical wisdom, I recommend that whenever possible you should seek to change negative suggestions to positive ones. When this cannot be done, you may wish to precede the negative suggestion with an easily performed or accepted positive suggestion (Weitzenhoffer, 1989).

By way of illustration, instead of suggesting to a weight control patient, "You will not be hungry," (an unlikely, and even undesirable proposition), you may suggest: "And you'll be surprised to discover, how really comfortable you *will* be, because you'll simply become so absorbed in the things you're doing, that time will go by very rapidly, and suddenly, to your

surprise, you realize that it's time for another meal." As another example, rather than suggesting, "You won't eat sweets or foods that are bad for you," you may suggest: "You will protect your body, treating it with kindness and respect, as if it were just like your precious, innocent little boy that you love, totally dependent upon your care and protection. You will protect your body, just as you protect and take care of your son." In talking to a child with a bedwetting problem, you talk about having a "dry bed" rather than about *not* wetting the bed.

THE PRINCIPLE OF POSITIVE REINFORCEMENT

Reinforce and compliment the patient both in and out of trance. "You're doing that very nicely." "Good. You're doing very well." "Umm hmm. That's right. And really enjoy the weightlessness of that hand, as it continues to float all the way up to your face." "You've worked very hard today, and I hope that your unconscious mind will take a real pride in how hypnotically talented you are, and in how much you've accomplished." As a further model of how you may compliment the hypnotized patient, note what Erickson (Erickson & Rossi, 1989) told a patient on two different occasions: "Also, after you awaken, I want you to have a very thorough appreciation of how very capably you have worked tonight." "I want you to know that I thank you for your generosity, your kindness, in permitting me to do things in my way. I appreciate it tremendously. It was very kind of you . . ." Social psychology research certainly suggests that compliments or praise will generally enhance patients' rapport and liking of us, and, therefore, their compliance to suggestions.

Certain suggestions may also be reinforced nonverbally. For example, in facilitating levitation, limb heaviness, or glove anesthesia, the hypnotherapist may reinforce verbal suggestions through very lightly stroking the patient's arm or hand two or three times: "And as I stroke that hand, you'll notice how the anesthesia begins to spread and flow through that hand." Similarly, you may "prompt" a patient who is slow in developing levitation, gently using an upward stroking motion under the forearm during inhalations, or lightly lifting the fingertips.

CREATING AN ACCEPTANCE OR YES-SET

For many years human relations experts and sales people have known the importance of obtaining an initial "yes" response from someone you are trying to influence. A powerful orator will seek to immediately obtain affirmative responses from the audience to create an acceptance set mentally. As early at 1936, Dale Carnegie emphasized this principle, referring to it as "the secret of Socrates." "His method? Did he tell people they were wrong? On, no, not Socrates. He was far too adroit for that. His whole technique, now called the 'Socratic method,' was based upon getting a 'yes, yes' response. He asked questions with which his opponent would have to agree. He kept on winning one admission after another until he had an armful of yeses. He kept on asking questions until finally, almost

without realizing it, his opponent found himself embracing a conclusion that he would have bitterly denied a few minutes previously" (Carnegie, 1966, p. 144).

One particular type of hypnotic suggestion is particularly effective at eliciting a "yes-set": truisms. The truism, which will be discussed more fully later, is an undeniable statement of fact. For instance, "All of us have had the experience of walking along on a cold, winter day, and feeling the cold against our skin." Using suggestions in the form of truisms creates an acceptance set. This may be enhanced even further by interacting with the hypnotized patient. For example, continuing with the suggestion we just gave: "And I'm sure you've felt how cold the winter wind can be against your skin, have you not?" Most patient's will nod their head "yes." If an overt response was not immediately forthcoming, you could simply add, "You can simply gently nod your head up and down for yes, and back and forth for no. And you *can* remember how cold the winter's wind can feel against your face, can you not?" (Following a nod for "yes":) "And you remember how you can see your breath, like fog, in the cold air, don't you? (Patient nods.) And the longer you walk with your face or your bare hands exposed to that cold air, the more numb they feel, don't they? And so your mind remembers what that feeling of numbness is like." This type of sequence of undeniable experiences, where patients think or nonverbally indicate, "Yes, yes, yes, yes," makes it more difficult for them to not continue responding affirmatively to the suggestions that follow.

INTERACTIVE TRANCE AND CONFIRMING THE ACCEPTABILITY OF SUGGESTIONS

It is common for new hypnotherapists to expect that the patient should basically remain in a silent and passive role, while the therapist assumes full responsibility for single-handedly formulating suggestions and controlling the patient's experience. This is an error. We observe students frequently suggesting various types of internal (e.g., imagery, regression) experiences without any idea whether the patient is actually experiencing what was suggested.

You may involve the patient as an active participant in hypnotherapy in at least three ways. First, prior to hypnotic work, obtain patients' input and ideas about their interests, preferences, suggestions and the approach that they deem most likely to be effective. When your style of hypnotic work is congruent with the patient's expectations, you may anticipate a greater likelihood of success.

Second, you may obtain nonverbal feedback from the patient in the form of head nods, ideomotor finger signals, or even levitation as a signal to monitor progress. This type of suggestion has been called the implied directive. After giving posthypnotic suggestions, for example, you may suggest: "And if your unconscious mind is willing to accept this idea [or, "all of these ideas"], your 'yes' finger will float up to signal me." If a response is not forthcoming within the next 20 seconds or so, you may add,

"Or, if your unconscious mind isn't willing to accept all of these ideas, your 'no' finger can float up to signal me." In this manner you will be able to determine the acceptability of suggestions and whether resistance is present. Personally, I would rather know if there is resistance immediately so that we can work it through, rather than discovering it a week later.

Neophyte hypnotists too often practice what we might call, "When I wish upon a star therapy"—giving hypnotic suggestions and then hoping that they will magically have an impact on and be accepted by the patient. It seems far more desirable to regularly track patient progress, the acceptability of your suggestions, and the success of internal therapeutic work. Thus, after giving a hypnotic or posthypnotic suggestion, you may ask the patient: "Would that be all right?" "Is that acceptable to you?" "Do you understand?" "Do you understand this clearly?" "And is that all right?" "Would you be willing to do that?" This was a common practice of Dr. Milton Erickson. Once a suggestion is accepted, it commits the patient to a course of change and therapeutic movement.

The "unconscious" mind may also be consulted, as modeled two paragraphs above, to obtain a more involuntary commitment about the acceptability of suggestions. This is a regular practice in my therapeutic work. Once such confirmation is obtained, it is no longer necessary to be overly permissive or indirect in presenting suggestions to the patient. You have confirmed that resistance is not present, and you can, therefore, deliver the suggestions in a more positive, confident and forceful manner.

Obtaining commitments in hypnosis, whether conscious or unconscious, is a powerful therapeutic tool for increasing the effectiveness of suggestions. The reason seems to be that most people experience an internal pressure and need to feel and look consistent. Considerable social psychological research indicates that when someone makes an initial commitment, he is subsequently more willing to accept ideas related to the prior commitment (Cialdini, 1988). In fact, obtaining any kind of commitment at all seems to increase the likelihood of accepting subsequent ideas. This is the basis for the well-known sales strategy referred to as the "foot-in-the-door technique." Sales people usually start with a small, often seemingly innocuous request, realizing that a domino effect will often result once the change process is under way. Once inertia has been overcome, further movement is much easier to obtain. This is also the basis for the "yes-set" that we have already discussed.

Nonverbal responses may also be requested to determine when internal processes are being experienced or have been completed. Some examples will illustrate this process: "When you become aware of the numbness beginning to develop in your right hand, just gently nod your head up and down for yes." "And when your unconscious mind has identified a time in your past when you felt calm and confident, your 'yes' finger will float up to signal me." "And as you walk along in the mountains, the path will eventually lead you down by a creek or stream. And when you're walking along by that creek, just gently not your head up and down to signal me." Other illustrations will be given later as we discuss the implied directive as a type of suggestion.

Let's model the manner in which nonverbal signaling might be used in exploratory or abreactive work. Suppose that we have a female patient who was a victim of incest as a child, and that you have had the patient regress to the age of four, relive the experience and abreact the feelings. Some therapists might just assume that feelings have been resolved at this point, and simply give some posthypnotic suggestions. However, following abreaction and reframing, I consider it a more careful and thoughtful approach to interact with the patient and check concerning the resolution and acceptance of suggestions: "And now that you've released all those old, outdated feelings, is your unconscious mind now willing to let go of all those old, out-of-date feelings, so that they'll no longer influence you?" If an ideomotor signal for "yes" is obtained, you can more confidently suggest: "You can now let go of all those old feelings of anger, and hurt, and fear, and guilt. Just let go of all those outdated feelings, and when your unconscious mind can sense you letting go of them, your 'yes' finger will float up again." (Following a positive response:) "That's right. And your unconscious mind can finish letting go of all those old feelings, so that you will now be free of the effects of that experience. It will no longer influence how you think, or act, or feel. And I want to ask, can your unconscious mind now sense that all men are not like your father?" (After a positive response:) Good. You can now understand that all men are not like your father. And do you realize that your husband is not like your father?" (Again, following a positive response:) That's right, you can now appreciate that all men are not like your father. And you will begin to see men as individuals now, perceiving them as distinct individuals. All men are not like your father, and your husband is not like your father. And you are free now; free to relate to men as individuals, and free to relate to your husband as an individual. And those events that we've worked through will no longer influence how you think or act or feel. You are free now."

Finally, at times the patient may also be asked to verbally interact during hypnotic work. It is commonly believed that verbalizing "lightens" a hypnotic state, and, therefore, nonverbal signals often seem preferable. There are situations, however, when information is needed that cannot be conveniently conveyed through nonverbal ("yes" or "no") responses. When verbal interaction only occurs occasionally during hypnosis, it will not significantly alter the depth of trance. Furthermore, suggestions may be offered to minimize the "lightening" of the trance. For example, you may suggest: "You can speak in a hypnotic state, just as you can speak in the dreams of the night, without awakening. And remaining very deep in a hypnotic state, I want you to just verbally tell me, what are you experiencing right now?" Or, "And in a moment, I'm going to ask you to speak to me. And as you speak, simply the sound of your voice will take you into a deeper and deeper hypnotic state. So that as you speak, with every sound of your voice, and with every word that you speak, you'll go deeper and deeper into the trance."

Sometimes interactive trance is useful during induction and deepening. You may simply ask the patient to occasionally describe what he is hearing

or seeing during an imagery experience. This allows you to tailor your input, rather than "operating blind." Similarly, in working to produce certain hypnotic phenomena, it may be useful to obtain interaction, and then accept and utilize whatever the patient offers you.

THE PRINCIPLE OF TRANCE RATIFICATION

In hypnosis it is vitally important to create a sense of positive expectancy in the patient. Trance ratification refers to the process of providing the patient with a convincer, that is, an experience or experiences that ratify for patients that they have been in an altered state of consciousness. It is interesting that sometimes even highly talented hypnotic subjects do not believe they have been hypnotized until they have a ratifying experience.

Trance ratification is a basic, yet often neglected, hypnotic principle. Through eliciting various hypnotic phenomena, patients may come to realize that they have undiscovered potentials beyond their conscious capacities. This realization increases patients' sense of self-efficacy and confidence that they have the inner resources needed to change (Bandura, 1977). It is recommended, therefore, that you provide from time to time a trance ratification experience for your patients.

For example, with a weight control patient, you might facilitate a glove anesthesia. Then, with the patient's permission, press on the hand with a sharp object, clamp a hemostat on the fleshy part of the hand below the little finger, or put a sterile needle through a fold of skin on the back of the hand. After inserting a needle or attaching a hemostat, ask your patient to open her eyes to briefly look at the hand. The suggestion may then be forcefully given: "I have had you do this to demonstrate to you the power of your own mind over your body. You have now witnessed the incredible power of your unconscious mind to control your feelings and your body. And you can know that, when your unconscious mind is so powerful that it can even control something as fundamental and basic as pain, that it can control anything having to do with your feelings and your body. You have far more potentials than you realize. And because of this power of your unconscious mind, your appetite and cravings will come under your control." Such an experience instills hope, belief and positive expectancy.

Some of the following hypnotic experiences are recommended as having value for providing trance ratification:

1. Glove anesthesia or analgesia.
2. Time distortion.
3. Limb catalepsy.
4. Arm levitation.
5. Limb heaviness.
6. Amnesia.
7. Ideomotor signaling.

8. Response to posthypnotic suggestion (e.g., for an itch; to not be able to stand up).
9. Recall of forgotten or even insignificant memories.
10. Ideosensory phenomenon: warmth, taste, smell.
11. Olfactory hallucination.

EXAMPLE OF SUGGESTIONS FOR TRANCE RATIFICATION. As I have stated, the production of hypnotic phenomena serve to convince patients that they are in an altered state. In addition, successful response to such suggestions also appears to increase the patient's subsequent depth of trance. In the following suggestions for the treatment of warts, Crasilneck and Hall (1985) model for us, in a single treatment procedure, the use of a wide variety of trance ratification procedures: ideosensory phenomenon (heat, coolness); arm levitation; eyelid heaviness; response to posthypnotic suggestions for eyelid catalepsy and limb rigidity; glove anesthesia; and olfactory hallucination.

Please cup your right hand on your right knee. . . . That's it. . . . Now look at the knuckles of your hand and as you are doing so, your entire body will begin to relax thoroughly. . . . Pay no attention to other sounds . . . just concentrate on your right hand and my voice, realizing that nothing is beyond the power of your mind . . . and of the body. As I continue talking to you and as you continue staring at the back of your cupped hand, you will begin to notice things like the heat in the palm of your hand . . . and perhaps movement in one of the fingers. . . . As this occurs, slightly nod your head . . . yes . . . very good . . . and now you will notice that your hand is becoming very, very light . . . like a feather coming up toward your forehead . . . Good . . . Your hand starts to move upward . . . and as your hand continues to rise, keep looking at the back of your hand . . . but notice your eyelids are getting very heavy, very drowsy, and very relaxed. . . . Now when your hand touches your forehead . . . your eyes will be closed . . . you will be tremendously relaxed and capable of entering a deep level of trance. Your hand and arm comes up, up, up towards your forehead. . . . Now, your hand touches your forehead . . . your eyes are closed. . . . You can let your hand rest comfortably in your lap and normal sensation is returning to your right hand and arm. . . . Notice that your eyelids feel heavy . . . so heavy that even though you try to open your eyes for the moment . . . you can't. . . . Go ahead and try . . . but you cannot. . . . Try again . . . but the eyelids are shut tight. . . . Normal sensations return to the eyelids. . . . Now you will enter a much more sound and relaxed state. . . . Now I want you to raise your right hand. . . . That's it. . . . Extend it in front of you, and as I count to three, your arm will become rigid . . . hard . . . like a board soaked in water . . . like steel . . . so tight . . . so rigid . . . those muscles become steel. . . . One, tight . . . two . . . very rigid, and three, the whole arm, each finger . . . yes . . . become steel. . . . There . . . nothing can bend that arm or the fingers [as a further demonstration, at this point Crasilneck often has the patient use the other arm and feel the arm rigidity and their inability to bend it. Ed.] . . . showing you the power of your mind and body. . . . Now relax the arm and hand. . . . Normal sensation returns and still a much deeper and sounder state of relaxation.

I now give you the hypnotic suggestion that your right hand will develop the feeling that a heavy thick glove is on your right hand . . . as your hand has

developed this sensation, move the forefinger of the right hand. . . . Good. . . . Now you will note some pressure in the forefinger . . . a dull sensation of pressure. . . . Open your eyes. . . . Now you see that in reality I'm sticking your finger severely with my nail file . . . but you are feeling nothing . . . correct? . . . Fine. . . . Normal sensation is returning to your hand. . . . I am now going to stimulate the middle finger. . . . As you feel this . . . nod your head, yes. . . . You see you pulled your hand back, which is an immediate and normal response. You are now aware of the tremendous control that your unconscious mind has over your body. . . . Now close your eyes again. . . . I now suggest that you can smell a pleasant odor of your choosing. . . . As you smell this, nod your head yes. . . .Good. . . . And now a very, very deep level of trance. . . . The pleasant odor leaves and still a more relaxed and deeper state of trance. . . . Nothing is beyond the power of the unconscious mind and these warts are going to leave completely and your skin will be void of them. . . . The area that I touch with this pencil . . . this area of warts now begins to feel very cool . . . cool . . . slightly cold. . . . As you feel this, nod your head. . . . Good. . . . Think the thought as I continue talking. . . . The area is cool. . . . The warts are going to leave. . . . The area is cool, and the warts will leave my body because of the power of my mind over my body. . . . Now just relax your thoughts . . . just pleasant, relaxed, serene thoughts. . . . Listen to me . . . my every word . . . *These warts are going to leave. . . . We have demonstrated the control of your mind over your body, and these warts will be gone very shortly*. . . . Your skin will feel slightly cool around the area of the warts for a day or so, and as the coolness fades, the warts will also begin to fade. And so, as I slowly count from ten to one, you will be fully awake . . . free from tension, tightness, stress and strain. These warts are going to fade out (pp. 374-375, reprinted with permission).

TIMING OF SUGGESTIONS AND DEPTH OF TRANCE

The timing of suggestions is something that is guided by clinical wisdom but which lacks research support at this time. Many leaders in the field have taught that you will have more impact by giving your most important suggestions last.

Although depth of trance has been discounted as unimportant by some, many senior clinicians have believed that when suggestions are given in a deeper hypnotic state, they will have more influence. Erickson (Erickson & Rossi, 1974/1980) certainly believed that it was important to devote sufficient time to adequately produce certain hypnotic phenomena and he instructed Rossi in this regard. "Erickson rarely gives therapeutic suggestions until the trance has developed for at least 20 minutes, and this only after hours of previous hypnotic training" (p. 89). Erickson often treated patients in time extended sessions where the patient might be in hypnosis for hours, and a large proportion of his famous case reports involved work in deep trance. In fact, his widow informed me that his favorite paper that he ever wrote was his chapter on deep trance (Erickson, 1954/1980). It is my own personal belief that subjects often tend to be more responsive in deeper trances.

THE PRINCIPLE OF INTERSPERSING AND EMBEDDING SUGGESTIONS

Suggestions may be subtly interspersed within stories, anecdotes, or "deepening" techniques. Words or phrases may be included, set apart by very brief pauses or changes in voice tone, that convey additional meanings and suggestions.

For instance, I was working with a woman for both obesity and marital problems. She had a noxious habit of interrupting rather than listening during interactions. Therefore, the following suggestions were given (and recorded on cassette tape for use in self-hypnosis). Notice where commas indicate very brief pauses. "It will be interesting for you to learn to listen, to your body. And as you listen, to your body, you can notice how you feel satisfied. And rather than interrupting, the natural balance of things, you can listen respectfully to feelings, and sensations of your body, noticing how soon you feel comfortably full and contented." Two problems were being addressed at once.

Personally, I find it useful to brainstorm ideas and phrases that convey the desired suggestions, and then to consult a comprehensive thesaurus to identify additional synonyms. What words and phrases convey attitudes, perceptions, feelings or qualities that are desirable for the patient? Then I contemplate how these words and phrases may be interspersed within an analogy, example, metaphor, or deepening technique. You are encouraged to read Erickson's (1966) example of the interspersal technique in the chapter on pain and to consult Erickson's collected papers (1980) for other masterful examples of this technique.

ERICKSON'S PRINCIPLES OF INDIVIDUALIZATION AND UTILIZATION

Milton Erickson emphasized the need to individualize hypnotic procedures. But many lay hypnotists and even some legitimate professionals assume that hypnotic response is only a trait and that individualization is, therefore, unnecessary. Thus, they mass produce popularized self-hypnosis tapes, presenting everyone with the same induction and suggestions. There is limited evidence, however, suggesting that hypnosis may be more effective when it is individualized (Holroyd, 1980; Nuland & Field, 1970) and takes into account the unique motivations, personality, interests and preferences of the patient. Furthermore, there is evidence in psychotherapy outcome research that failure to individualize therapy not only may result in poor outcome, but may be associated with psychological casualties (Lieberman, Yalom & Miles, 1973). Therefore, I have many of my patients take home a paper and pencil checklist of life experiences, interest and values (Hammond, 1985, 1988a). The checklist rapidly provides information to use in individualizing the induction, metaphors and suggestions.

As one example of individualization, we can determine by brief questioning (during or after hypnosis) which sensory modalities a patient is

primarily able to imagine (visual, auditory, kinesthetic, olfactory). We may then tailor the imagery that we suggest accordingly. I also recommend questioning your patients after an initial hypnotic experience to obtain their feedback about how you can make the experience even more effective.

MYTH OF THE SUPERIORITY OF INDIRECT SUGGESTIONS. As clinicians begin to study hypnosis, they commonly ponder over the question, "Should I be direct or indirect in my approach?" In recent years this has become one of the most controversial areas in hypnosis, particularly among workshop presenters and non-research-oriented writers; therefore, we will examine in some detail the existing evidence.

Some authors, particularly some of those identifying themselves as "Ericksonian," have assumed that indirect, permissive suggestions are always superior to direct suggestions. Some have even been so bold as to make statements like these: "Direct suggestion will bring only temporary relief, will intensify the transference relationship toward authority, and will increase repression of the conflict that led to the symptomatology" (Lankton & Lankton, 1983, p. 150), and "An Ericksonian hypnotist strives to be artfully indirect in all suggestions and interventions" (Lankton & Lankton, 1983, p. 251). "He [Erickson] noticed that direct suggestions were useful only to the extent that clients knew what they wanted, were congruent about wanting to accomplish it, and had the resources necessary to change available and organized. Clients seeking therapy rarely meet these criteria" (Lankton, 1985). Are indirect and permissive suggestions always superior?

Alman (1983) experimentally tested this assumption and to his surprise found that response to direct versus indirect suggestions was normally distributed—some patients responded better to very direct suggestions, and others were more responsive to permissive, indirect suggestions. Very similarly, McConkey (1984) found subjects were heterogeneous in their response to indirect suggestions—half were responsive to this type of suggestion and half were not. He speculated that "indirection may not be the clinically important notion as much as the creation of a motivational context where the overall suggestion is acceptable, e.g. by making the ideas congruent with other aims and hopes of the patient" (p. 312).

There have been some studies and uncontrolled case reports (Alman & Carney, 1980; Barber, 1977; Fricton & Roth, 1985; Stone & Lundy, 1985) that have reported superior effects for indirect suggestions, but several of these studies (e.g., Barber, 1977) had serious methodological flaws. The indirect condition that was used by Matthews, Bennett, Bean and Gallagher (1985), for example, was 34% longer than the direct condition, which appears to have accounted for the greater depth reported.

In contrast to the studies claiming greater potency for indirect suggestions, many other studies have failed to find a difference in effectiveness (e.g., Lynn, Neufeld, & Matyi, 1987; Matthews et al., 1985; Murphy, 1988; Reyher & Wilson, 1976; Spinhoven, Baak, Van Dyck, & Vermeulen, 1988). For instance, Barber's (1977) superior results with indirect suggestions have

not been replicated with dental procedures (Gillett & Coe, 1984), with foot surgery (Crowley, 1980), obstetrical patients (Omer, Darnel, Silberman, Shuval, & Palti, 1988) or with pain in paraplegic patients (Snow, 1979). Furthermore, Van Gorp, Meyer and Dunbar (1985) used his procedure with experimental pain and found that traditional hypnotic suggestions were significantly more effective than indirect suggestions. Still other studies have likewise found that direct suggestions produce better posthypnotic response (e.g., Stone & Lundy, 1985).

Matthews and Mosher (1988) entered their study anticipating a superior response with indirect suggestions, and expecting that it would decrease resistance as hypothesized by Erickson and Rossi (1979). Subjects not only did not respond differently to either indirect inductions or indirect suggestions, but subjects receiving indirect suggestions were actually found to become more resistant! Lynn et al. (1988) likewise did not find that resistance was minimized by using indirect suggestion. Further testing the "Ericksonian" belief that indirect suggestions are superior with resistant and more independent patients, Spinhoven et al. (1988) examined the relationship of locus of control to preference for direct or indirect suggestions. Locus of control did not predict response to either direct or indirect approaches.

Sense of involuntariness of response to suggestions has also been discovered to be the same for direct and indirect suggestions (Matthews et al., 1985; Stone & Lundy, 1985). Furthermore, Lynn et al. (1988) actually found that sense of involuntariness and of subjective involvement was greater when direct suggestions were used. The later finding replicated the carefully controlled results of Lynn, Neufeld, and Matyi (1987).

Research (Matthews, Kirsch, & Mosher, 1985) has now carefully examined the Bandler and Grinder (1975) and Lankton and Lankton (1983) contention that using two-level communication and interspersing suggestions in a confusing dual induction produces superior results. If anything, they found the opposite. Not only was a double induction not more effective than a traditional induction procedure, but when it was used as the initial induction experienced by a subject, it was *less* effective and appeared to have a negative impact on later hypnotic experiences. Even Erickson (1964) would have probably predicted this, however, since he designed confusional procedures for primary use with consciously motivated but unconsciously resistant subjects.

So, let's return to our initial query, "Are indirect suggestions superior to direct hypnotic suggestions?" The weight of existing evidence clearly requires a response of "No." Indirect suggestions do *not* seem more effective than direct suggestions; in fact, direct suggestions may possess some advantages. Several studies (Alman, 1983; McConkey, 1984; Spinhoven et al., 1988) seem to indicate that some individuals will respond better to each type of suggestion, but most people fall in the middle of the distribution and may well respond equally well to either type of suggestion. The furor of the past decade over the belief that "indirect is always better" is rather reminiscent of the extensive research literature that has now failed to replicate the creative, but nonetheless unfounded tenets of NLP. As

mental health professionals we may stand too ready to adopt unproven theories as truth.

It is thus my recommendation, in the light of current evidence, that we should keep our therapeutic options open and maintain the flexibility to use both direct and indirect suggestions. In light of the research, the debate over the preferability of one type of suggestion over the other may be "much ado about nothing." We are probably well advised to not spend so much time worrying about it. Erickson certainly felt free to use both highly directive and even authoritarian suggestions with some patients, and to use very permissive and indirect suggestions with others (Hammond, 1984).

We have no validated indications or contraindications for the type of suggestions to use. In fact, some of the widely accepted indications for when to use indirect suggestions (e.g., with resistant and more independent subjects) that evolved from clinical beliefs may be nothing more than folklore, since they have not received research support thus far. Hypnosis—like so much of psychotherapy—is still more art than science. We must therefore remain open and appropriately humble about what we actually know, rather than becoming prematurely entrenched in untested theories that may limit our options for intervention and learning.

What I am going to express now is only my tentatively held clinical belief, which may or may not prove to be accurate. In my own clinical work I tend to be more direct, straightforward, and forceful in giving hypnotic suggestions under the following circumstances: 1) When a good therapeutic relationship and rapport have been established with the patient; (2) When the patient seems motivated and nonresistant; (3) When the patient seems able to accept direction and authority, or is more dependent and used to accepting authority; (4) When the patient seems more highly hypnotically talented and is in a deeper hypnotic state; (5) When I am familiar with the hypnotic talents and capacities of the patient and am thus aware of the hypnotic phenomena she or he can manifest; and (6) When, upon questioning the patient, I learn that he or she seems to prefer and respond more positively to a direct approach. (In other words, a "work sample" of how the patient responds to different styles of suggestion is probably more valid than drawing inferences from unsubstantiated "personality" characteristics.)

UTILIZING PATIENT LANGUAGE PATTERNS. Another method for tailoring hypnosis to patients is to incorporate their idiosyncratic syntax and styles of speech into the suggestions you give. Listen for phrases and words that the patient tends to use. For instance, during the initial evaluation a patient with relationship problems described himself as "very intelligent," and indicated, "I have a lot of common sense." He also used the phrase, "Take my own destiny in my own hands."

The phrases and concepts of this patient were incorporated into the following suggestions: "Now you are an intelligent person, an astute person, who can very level-headedly size up situations. And you can begin to realize that you have even further mental resources, beyond your conscious intellect. Your unconscious mind is very perceptive, and within you there is

a great deal of intuitive common sense. Your unconscious mind perceives what needs to be done. And your unconscious mind will use these aptitudes, and will begin to give you spontaneous impressions about your relationships. As you interact with people, and as you observe other people interact, impressions, recognitions will spontaneously come into your mind, about what you do that's self-defeating in relationships. And you can trust that your unconscious mind has the common sense to recognize how you've been turning people off, without fully realizing it consciously. Your unconscious mind isn't about to let you just drift along, leaving your future to chance. It will bring images and impressions about your relationships into your mind, so that you can make intelligent decisions and changes. And rather than leaving your relationships to chance, you will find that you will begin to take your destiny into your own hands, realizing changes that need to be made."

When we are able to incorporate the patient's own language into suggestions, the ideas may feel more compatible and congruent to the patient. We are literally speaking the patient's language and thus the suggestions may conform more to the patient's pattern of thinking and make a more profound and lasting impression.

UTILIZATION. Another facet of individualization is Erickson's principle of utilization. Erickson used this term to convey the importance of utterly accepting whatever occurs with the patient, and then seeking to use, displace, and transform it. In hypnosis, this is essentially the parallel of using empathy and respect to establish rapport in psychotherapy.

Thus if a patient yawns in a tired way, one may comment, "Have you ever noticed, how after a yawn, your whole body relaxes more deeply?" If a patient has some muscles jerk slightly in one leg during the process of induction, the therapist may say, "And you notice the little muscles jerk in your leg, which is a good sign that the tension is really flowing out of you, as your muscles relax." This intense observation and focus on the patient, in and of itself, creates rapport. But suggestions may then also reframe nonverbal behavior, making the attribution that it is evidence of hypnotic responsiveness. Patient behavior, even if it might be interpreted by some as problematic, is thus accepted and suggestions are connected to it.

A new patient complained that, in hypnotic attempts with a previous therapist, he could only enter a light hypnotic state because his mind kept wandering. Therefore, the following suggestions were offered during the induction: "And as we continue, undoubtedly your mind will begin to wander to thinking about other things [accepting his "resistant" behavior]. And different images may run through your mind. And that's perfectly all right, because for the next little while, your conscious mind doesn't have to do anything of importance. Just allow your unconscious mind to wander in whatever way it wants, because the only thing that matters, is the activity of your unconscious mind." The patient went into a profound, deep trance and experienced spontaneous amnesia for almost the entire session.

In individualizing hypnosis, you may also consider taking into account and utilizing the personality styles and needs of patients. In a highly competitive patient, for example, one might choose a dual levitation

induction, while suggesting an attitude of curiosity about which hand will reach the face first. You are encouraged to thoroughly study the literature on utilization (Erickson, 1959; Erickson, 1980; Erickson & Rossi, 1979; Haley, 1973; Hammond, 1985).

THE LAW OF PARSIMONY

Finally, I wish to strongly encourage you to use the most parsimonious method and style of suggestion to accomplish the therapeutic task. Today, many hypnotists seem to be trying to make hypnosis much more complicated and difficult than it needs to be. This often stems from misinterpretations of Erickson's work (Hammond, 1984, 1988b). Esoteric, multiply embedded metaphors and confusional techniques are unnecessary with most patients, are often perceived as condescending, and usually meet the therapist's needs far more than the patients.

Types of Hypnotic Suggestions

Many of the types of suggestions we will discuss were conceptualized by Erickson and Rossi (1979). Some types were original with Erickson and some have been used for centuries. As I have indicated, there is no outcome research to suggest the superiority of any of these styles of suggestions. It is recommended, however, that you familiarize yourself with all of these types of suggestions to broaden your available repertoire for intervention.

In general, almost every one of the 14 types of suggestion may be used to facilitate any of the hypnotic phenomena (catalepsy, levitation, amnesia, dissociation, anesthesia, hyperesthesia, ideosensory activities, positive or negative hallucinations, hypermnesia, age regression, age progression, time distortion, depersonalization, induced dreams). One way to refine your skills in using the various suggestion types is to practice writing out several suggestions of each type for facilitating each one of the different hypnotic phenomena.

IMPLICATION

Implication is a difficult to define but important method of indirect suggestion. Rather than directly suggesting an effect, you may merely imply or assume that it will take place. For instance, in deepening a trance, you may ask, "What color are the flowers?" This implies and assumes that the patient is capable of visualizing. Similarly, a patient may be told, "*When* you're aware of noticing some of the sounds of nature around you, like the wind in the trees and the birds singing, just nod your head." This implies that the patient will be capable of auditory imagination; the only question is "when" he will notice the sounds, not "if" he will hear them.

The hypnotherapist is well advised to be very cautious about the use of the words "if" and "try." "*If* your right hand is getting light, nod your

head," implies that the patient may fail to obtain the desired response. Instead you may ask, "*Which* one of your hands feels lighter?" This implies that one hand does, in fact, feel lighter. "You can begin to wonder *which one* of your hands your unconscious mind will cause to develop a lightness, and begin to float up?" This implies that one hand will lift. The question has been shifted from "*will* one lift," to "*which* one will lift."

Contrast the prehypnotic suggestion, "Well, let's try to hypnotize you now," with the implications in the following suggestions by Erickson (Erickson & Rossi, 1975). "Would you like to go into trance *now or later*?" "Would you like to go into a trance standing up or sitting down?" "Would you like to experience a light, medium or deep trance?" "Which of you in this group would like to be *first* in experiencing a trance?" "Do you want to have your eyes open or closed when you experience trance?" (p. 152, emphasis added, reprinted with permission). These are therapeutic double binds, which will be elaborated in more detail later, but which change the question from "if" to "when" or "how." I have on occasion similarly asked a phobic patient, "Would you prefer that we get you over this problem with a rapid method that is more intense, or with a more gentle method that takes a little longer?" This offers the patient a double bind in that both alternatives are desirable and therapeutic, but it also assumes and implies that he *will* get better.

"And the numbness will begin to spread slowly at first," implies that later it will eventually begin to spread more rapidly. "Don't go into a trance quite so rapidly," implies that the subject is already entering trance. "We won't do anything to get you over your problem *today* [implication: we will in the future], but will simply give you the opportunity to experience hypnosis and see how soothing and calming it is" [implication: you will experience hypnosis]. Suggesting to a terminally ill or chronic schizophrenic patient that they send you a recipe when they return home implies that they *will* leave the hospital. "Have you ever been in a trance *before*," suggests through implication that they are about to enter a hypnotic state.

Consider the implications of the following double bind suggestions of Erickson (Erickson & Rossi, 1975), "Do you want to get over that habit this week or next? That may seem too soon. Perhaps you'd like a longer period of time like three or four weeks." "Before today's interview is over your unconscious mind will find a safe and constructive way of communicating something important to your conscious mind. And you really don't know how or when you will tell it. Now or later" (p. 153, reprinted with permission).

Another example of using implication by changing "if" to "when" may be found in my suggestions for induced erotic dreams in the chapter on sexual dysfunction and relationship problems.

Before moving on to discuss other types of suggestions, it may be instructive to listen to the words of Rossi (Erickson & Rossi, 1975) as he described the work of a master hypnotherapist:

> Erickson does not always know beforehand which double bind or suggestion will be effective. He usually uses a buckshot approach of giving many suggestions but in such an innocuous manner (via implications, casualness, etc.) that the patient does

not recognize them. While watching Erickson *offer* a series of double binds and suggestions, Rossi frequently had the impression of him as a sort of mental locksmith now gently trying this key and now that. He watches the patient intently and *expectantly*, always looking for the subtle changes of facial expression and body movement that provide an indication that the tumblers of the patient's mind have clicked; he has found a key that works much to his mutual delight with the patient. (p. 151)

TRUISM

A truism is a statement of fact that someone has experienced so often that they cannot deny it. These statements may be focused on motor, sensory, affective or cognitive processes, or on time. For example: "Most people enjoy the pleasant feeling of the warmth of the sun on their skin, as they walk along the beach."

TYPES OF PHRASING. The following types of phrases are often used with a truism. "Most people . . .; Everyone . . .; You already know . . .; You already know how to . . .; Some people . . .; Most of us . . .; It is a very common experience to . . .; Everybody . . .; You've known all along how to . . .; There was a time when you didn't . . .; Sooner or later . . .; Sooner or later, everyone. . . .; In every culture . . .; It gives everyone a sense of pleasure to. . . ."

NOT KNOWING AND NOT DOING

Suggestions of this type facilitate unconscious responsiveness rather than conscious effort. They assist patients to not try too hard (in accord with the Law of Reversed Effect), encouraging autonomous responding and dissociation. Here is an example of this type of suggestion: "You don't have to think, or reply, or try to do anything at all. In fact, it isn't even necessary to listen carefully to what I'm saying, because your unconscious mind will just inevitably hear everything I'm saying, without any effort on your part at all."

TYPES OF PHRASING. Some of the following phrases are commonly used with this type of suggestion: "You don't have to . . .; It isn't necessary to . . .; It isn't important . . .; You don't need to . . .; Without knowing it, you've . . .; You don't need to be concerned if . . .; Just allow it to happen . . .; Without really trying, it will just happen all by itself. . . ."

COVERING ALL POSSIBILITIES OF RESPONSE

Giving a suggestion that covers all the possible types of response that a patient may make is most valuable when you wish to focus patient responsiveness in a certain direction. This is a fail-safe approach because virtually any response is defined as successful and hypnotic. This is especially valuable when you don't know the patient well and are initially exploring his responsiveness and identifying his hypnotic talents. Here is an

example of this type of suggestion: "Shortly your right hand, or perhaps it will be your left hand, will begin to get light and lift up, or perhaps it may develop a heaviness and press down, or maybe it won't even move at all, I can't really be sure. But you can simply notice very carefully what begins to happen [implication]. Perhaps you'll notice something in your little finger, or maybe it will be in your index finger that you first sense a movement or sensation, I really don't know. But the most important thing isn't even how it begins to move, but just to become fully aware of what begins to happen to that hand."

QUESTIONS

Suggestions in the form of questions may be used to focus attention and awareness, stimulate associations, facilitate responsiveness, and to induce trance. This type of suggestion is particularly valuable when the question is one that cannot be answered by the conscious mind. Questions, however, should not be used in a rigid manner, but should utilize ongoing patient behavior. Each question, for example, may suggest an observable response. Questions are, again, a fail-safe approach that you will want to use when you do not yet know the responsiveness and hypnotic talents of your patient, or perhaps when you anticipate resistance. Be careful, however, to avoid asking questions that communicate a lack of confidence and doubt. It is counterproductive, for example, to ask, "Is your hand getting numb?"

Several examples will illustrate this type of suggestion: "And the numbness, do you notice that beginning?" "And will that hand remain floating right there, or does it float up toward your face?" "Can you enjoy relaxing and not having to remember?" "Do you begin to experience the numbness in the fingers, or on the back of the hand first, or does it spread out from your palm?"

This type of suggestion, like the others we are discussing, may be used in producing any of the hypnotic phenomena, in induction or deepening, or as part of the treatment of almost any clinical problem. The following suggestions, reprinted with permission from Erickson and Rossi (1979), demonstrate the use of questions in doing an eye fixation induction and a levitation induction. Ordinarily we would use this type of suggestion occasionally and not exclusively as it is done here for illustrative purposes.

Would you like to find a spot you can look at comfortably? As you continue looking at that spot for a while, do your eyelids want to blink? Will those lids begin to blink together or separately? Slowly or quickly? Will they close all at once or flutter all by themselves first? Will those eyes close more and more as you get more and more comfortable? That's fine. Can those eyes remain closed as your comfort deepens like when you go to sleep? Can that comfort continue more and more so that you'd rather not even try to open your eyes? Or would you rather try and find you cannot? And how soon will you forget about them altogether because your unconscious wants to dream? (p. 29)

Can you feel comfortable resting your hands gently on your thighs? [As therapist demonstrates.] That's right, without letting them touch each other. Can you let those hands rest ever so lightly so that the fingertips just barely touch your thighs? That's right. As they rest ever so lightly, do you notice how they tend to lift up a bit

all by themselves with each breath you take? Do they begin to lift even more lightly and easily by themselves as the rest of your body relaxes more and more? As that goes on, does one hand or the other or maybe both continue lifting even more? And does that hand stay up and continue lifting higher and higher, bit by bit, all by itself? Does the other hand want to catch up with it, or will the other hand relax in your lap? That's right. And does that hand continue lifting with these slight little jerking movements, or does the lifting get smoother and smoother as the hand continues upward toward your face? Does it move more quickly or slowly as it approaches your face with deepening comfort? Does it need to pause a bit before it finally touches your face so you'll know you are going into a trance? And it won't touch until your unconscious is really ready to let you go deeper, will it? And will your body automatically take a deeper breath when that hand touches your face as you really relax and experience yourself going deeper? That's right. And will you even bother to notice the deepening comfortable feeling when that hand slowly returns to your lap all by itself? And will your unconscious be in a dream by the time that hand comes to rest. (pp. 30-31)

As you begin to experiment with using this type of suggestion, you may find the following format beneficial in helping you initially generate suggestions.

Question Format For Suggestions:
CAN YOU (R) . . .
DO YOU (R) . . .
(they)
AND WOULD YOU LIKE TO . . .

notice
sense
feel
(your) unconscious
hear
taste
smell
listen
remember
imagine
see
experience
pay attention to
wonder
choose
let your
let yourself

DOES _____
WILL *(it; you)*
ARE YOU AWARE OF . . .

CONTINGENT SUGGESTIONS

Contingent suggestions connect the suggestion to an ongoing or inevitable behavior. This is a highly useful suggestion that has been used for well

over a hundred years. Contingent suggestions may be used with both suggestions given during hypnosis and with posthypnotic suggestions where a trigger or cue for the suggestion is identified.

Here are some examples: "And as your hand lowers, you will find yourself going back to a time when _____." "And when you feel the touch of his body in bed, you will be surprised at the flood of erotic, intimate memories that come to mind."

Contingent suggestions are also closely related to the concept of "chaining" suggestions together, in a sense, making them contingent upon each other. It is commonly believed that suggestions may be made more effective by connecting them, as the following illustration demonstrates. [To a subject with an arm floating cataleptically:] "And as you become aware of the numbness beginning to develop in that hand, it will begin to float up even lighter toward your face, and your mind will begin drifting back through time to the beginning of that problem, and as the arm floats up higher, you drift further and further back through time." It is popularly believed that when two or more suggestions are linked together, it is more difficult to reject them.

TYPES OF PHRASING. You will find some of the following types of phrases are often a part of contingent suggestions: "And when . . .; As . . .; As soon as . . ." You will also often use the words "until" and "then" as part of contingent suggestions: "If _____ then _____." In using this type of suggestion to trigger posthypnotic behaviors (or feelings, or thoughts), you will also need to identify inevitable cues or triggers. For examples: lying down in bed; tying a shoelace; brushing your teeth; seeing your house; hearing a song.

Contingent suggestions may also take the following forms:
"While you _____ you can _____."
"When you _____ please _____."
"Don't _____ until you _____."
"You won't _____ until _____."
"Why don't you _____ before you _____."
"The closer you get to _____ the more you can _____."
"After _____ you can _____."
"As you feel _____ you recognize _____."
"The feeling of _____ will allow you to _____."
"And as _____ occurs, _____ may occur more than you'd expect."
"And when you _____., you'll _____."

As soon as: your arm feels numb
you can no longer feel your legs
your unconscious knows _____
you have gone back in time to . . .

THEN, your arm will lower.

THE IMPLIED DIRECTIVE

The implied directive usually has three parts (Erickson & Rossi, 1979): (l) a time-binding introduction; (2) an implied suggestion for an internal response that will take place inside the patient; and (3) a behavioral response that will signal when the internal response or suggestion has been accomplished. This type of suggestion is particularly used for tracking progress during hypnosis.

FORMAT The implied directive often conforms to the format: "*As soon as* [the time binding introduction] your inner mind has identified the circumstances when that problem developed [the internal process that is desired] your 'yes' finger will float up" [the behavioral signal].

PHRASING Here are some illustrations, within the format that was just introduced, of how this type of suggestion may be phrased. "*As soon as* . . . (your entire hand feels very numb and anesthetized; you can no longer feel your legs; you can see _____; that memory has faded from your conscious mind; you know _____; your unconscious senses that your trance is deep enough to accomplish_____) . . . *then* . . . (your arm will float down; your finger will lift; you will awaken).

APPOSITION OF OPPOSITES

This type of suggestion, probably originated by Erickson in the 1930s, contains a balancing of opposites or polarities. For example: "As that right arm becomes more tense and rigid, the rest of your body becomes more and more relaxed." "As your right arm floats up, your left floats down." "As your forehead feels cooler, you'll feel your hands getting warmer." In this type of suggestion, you may also mention or suggest a physical metaphor, and then a psychological one.

PHRASING. In formulating this kind of suggestion, you may find it helpful to consider some of the following polarities or opposites: warmth—coolness; tension—relaxation; anesthesia—hypersensitivity; wet—dry; floating—heaviness; light—heavy; full—empty; more—less; difficult (hard)—easy; older—younger.

NEGATIVES TO DISCHARGE RESISTANCE

Erickson (Erickson & Rossi, 1979) believed that the use of negatives could serve as a "lightning rod" to discharge minor inhibitions and resistance. He had begun using this type of suggestion by the 1930s and he believed in its clinical utility, but thus far we have no experimental validation for its effectiveness. Nonetheless, this type of suggestion is commonly used by many clinicians. Some examples will illustrate this type of suggestion.

"You will, *will you not*?"
"And you can, *can you not*?"
"You *can't* stop it, can you?"
"You can try, *can't* you?"
"You do, *don't you*?"
"And why *not* just allow that to occur?"
"And you really *don't* have to do _____ until _____."
"And you *won't* _____ until _____."
"You *don't* need to _____."
"_____ are you *not*?"
"_____ *doesn't* it?
"_____ *don't* you?"

THE BIND OF COMPARABLE ALTERNATIVES

This is a bind that *appears* to give a patient a free choice between two or more alternatives. However, both of the choices are essentially comparable and they will both lead the patient in the desired therapeutic direction. The choices offered in this type of suggestion may sound different, but are virtually the same, simply giving illusion of choice.

Here are several examples of a bind of comparable alternatives. The first three examples actually model prehypnotic suggestions. I have identified the hypnotic phenomena that some of the suggestions seek to elicit. "Would you rather go into trance sitting up or lying back in the recliner?" "Would you prefer to go into a trance gradually or more rapidly?" "Would you rather go into a light trance, a medium trance, or a deep trance?" *Levitation*: "And perhaps your left arm, or maybe it will be your right arm that will float up toward your face." *Age Regression*: "And you may remember a happy experience that happened when you were five years old, or perhaps you'd rather recall one from slightly later." *Analgesia or Anesthesia*: "You may choose to feel the pressure, or nothing at all." *Negative Hallucination*: "You can just be aware of the sound of my voice, or you can simply ignore everything else." *Time Distortion*: "Time may seem to pass quickly, or you may simply be unaware of its passing." *Anesthesia*: "Do you begin to experience the numbness more in the right hand, or in the left hand?"

CONSCIOUS-UNCONSCIOUS DOUBLE BIND

This type of suggestion seeks to utilize the patient's unconscious mind (or, depending upon one's theoretical frame of reference, uses the metaphor of the unconscious mind), bypassing conscious, learned limitations. Responses to this type of suggestion require patients to focus inwardly and initiate unconscious processes that are beyond their conscious control. In a double bind, behavioral possibilities outside the patient's usual range of conscious alternatives and voluntary responses are offered.

Here are several examples: "And if your unconscious mind is ready for you to enter trance, your right hand will begin to get light and float up. If

your unconscious mind is reluctant for you to enter trance, your left hand will lift up." "And the unconscious mind can continue working on that problem and preparing you for our next session after you leave. And the really interesting, really curious thing, is that your conscious mind may or may not really be aware or even understand what's going on, depending on the preference of your unconscious mind. And as your unconscious mind is preparing you, and doing its work, your conscious will remain free to carry on all the many other things that you need to attend to each day."

CONFUSIONAL SUGGESTIONS

It is popularly believed that confusion will "depotentiate conscious mental sets" (Erickson & Rossi, 1979), allowing unconscious processes to occur more readily. Erickson (1964) believed that this type of suggestion was particularly indicated when a patient was consciously motivated but seemed unconsciously resistant to experiencing hypnosis. We will briefly introduce suggestions of this type.

SHOCK AND SURPRISE Shock and surprise may be used to facilitate creative moments, stimulating the patient's unconscious mind to conduct an inner search and capturing the patient's attention. This may be done through interspersing certain shocking or surprising words and/or through the use of strategically placed pauses. For instance, after leaving a patient's hand floating cataleptic, the facilitator may suggest: "And what that hand is going to do next will surprise you," while then waiting expectantly. This method may be used for a surprise reinduction of hypnosis in a patient recently realerted: "Are you awake? Are you sure? And what do you begin to notice about your eyes . . . as they begin to flutter . . . and get heavier . . . and close, all by themselves." Another suggestion with a shock element would be to say, "It would be a *disaster*, if you didn't change directions, and arrived at where you are going."

DOUBLE DISSOCIATION DOUBLE BIND This type of suggestion may include various other types of suggestions, and creates overload and confusion, depotentiating conscious sets. Careful observation and noting of patient responses to the alternatives may alert you to the hypnotic talents and tendencies of the patient.

This type of suggestion may take some of the following formats: "(In a moment) you can _____ but (you don't need to; even though; when; without knowing) _____, or, you can *(do the opposite)*, *but (or any of the other phrases above)* _____."

Here are a few illustrative examples. "In a moment you can awaken as a person, but it isn't necessary for your body to awaken. Or, you can awaken along with your body, but without being aware of your body." "In a moment you will open your eyes, but you don't need to wake up; or you can come fully awake when you open your eyes, but without an awareness of what transpired while they were closed." "You may choose not to remem-

ber, or you may choose just to forget, but choosing to forget is your choice in the same way as choosing not to remember that which you've chosen to forget." "As you remember to forget what it was that you were going to remember, you can just as easily forget what you were going to remember to forget."

PHRASING FOR A DOUBLE DISSOCIATIVE CONSCIOUS-UNCONSCIOUS DOUBLE BIND This type of confusional suggestion may take the following format: "Your conscious mind _____, while (or, and, since, as, because, at the same time) your unconscious mind _____, or perhaps your unconscious mind _____, while your conscious mind _____." Explained another way, the format may take either of two forms: (1) Conscious _____, unconscious _____, while (or, since) conscious _____, unconscious _____. (2) Unconscious _____, conscious _____, while unconscious _____, conscious _____.

Here are some examples: "Your conscious mind may think about solutions, while your unconscious mind considers their implications, or perhaps your unconscious mind will generate some solutions, while your conscious mind wonders what the results may be." "Your conscious mind may remember the details of those events, while your unconscious mind perceives the feelings, or your unconscious mind may recall what happened, while your conscious mind is only aware of strong feelings and not the reason for them." "Your conscious mind may be aware of the time available to complete the test, while your unconscious mind seems to have all the time it needs, or, your conscious mind may enjoy a relaxed pace without concern for time, while your unconscious monitors the time you have left and the speed of your work." "And when you open your eyes you can consciously see your mother sitting in front of you while your unconscious mind is aware of your feelings toward her, or perhaps your unconscious mind will hold the image of her while your conscious mind is encompassed in the feelings you have about her."

Do not be concerned if confusional suggestions initially seem overwhelming and too complex to master. They are by definition confusing, and are probably the least important type of suggestions to become skillful in using.

INTERSPERSAL OF SUGGESTIONS AND METAPHORS

This refers to bringing up topics and using words or phrases that "seed" ideas, focus attention, and indirectly influence the patient. Metaphors or anecdotes may serve to illustrate a point or tag a memory, to indirectly suggest or model solutions, to foster self-reflection and insight, to increase positive expectancy or motivation, to bypass resistance, to reframe or redefine a problem, and to intersperse suggestions while bypassing defenses (Zeig, 1980). Metaphors may be used, just like hypnotic suggestions in general, to facilitate behavioral, affective or cognitive-perceptual changes.

By way of illustration, you may describe to a patient the process, following an injury, of a scab forming for protection, while natural and

internal healing processes take place. A scar may remain later, perhaps as a small reminder of a hurt, long ago, but which doesn't have to remain painful. This metaphor may be used to communicate ideas to a patient who has experienced trauma, incest, rape, or divorce.

Metaphors are another way of conveying suggestions, and they may be of particular value as a method of accomplishing repetition of suggestion without using identical words or phrases. When metaphors are delivered prior to giving more straightforward suggestions, this process has been popularly referred to as "seeding" an idea.

We may think about three basic styles of metaphors. Some hypnotherapists tell metaphoric stories out of their background of experience—for example, concerning previous patients or personal experiences. Another type of metaphor is the truism metaphor. These metaphors are commonly about nature or types of life experiences that are so universal that the patient cannot deny them. They thus establish a yes- or acceptance-set in the patient. Several of these types of metaphors that I use may be found in the sections of this book on sexual dysfunction and trauma.

Finally, some therapists (e.g., Lankton & Lankton, 1983; Gordon, 1978) make up metaphoric stories to fit a patient situation, often seeking to create characters and components that are parallel to aspects of the patient's circumstance.

My personal preference is clearly to utilize the first two types of metaphors, but no research exists to indicate that one is more effective than another. Making up stories seems to me, however, the opposite of therapist genuineness or authenticity—qualities which are consistently found to be important "nonspecific" factors in successful therapy and relationships (Hammond, Hepworth, & Smith, 1977; Truax & Carkhuff, 1967). Making up tales of the "once upon a time" variety may also seem condescending and, therefore, offensive to some patients. The use, and particularly the overuse, of such stories may thus run the risk of impairing the therapeutic alliance with the patient.

Erickson, who usually serves as the model for those who emphasize a metaphoric orientation to hypnosis, seems to have almost always used the first two types of metaphors. Furthermore, close colleagues who actually observed his therapy, as well as patients, have emphasized that metaphors were only occasionally used by him (Hammond, 1984). In fact, metaphors were estimated to represent no more than 20% of Erickson's hypnotic work (Hammond, 1988b). Metaphors have their place in our therapeutic armamentarium, but we must keep a balanced perspective and realize that therapy is more than storytelling.

A metaphoric story may be introduced by simply saying, "And let me give you an example," or "You may remember," or "Can you remember a time when . . .?" Also, and importantly, metaphors do not always have to be long and involved to make an important point. Consider, for example, this brief metaphor by Barker (1985): "Fleming's discovery of penicillin was serendipitous. He was working in his laboratory with some disease-causing bacteria. These were growing on a culture plate which became contaminated by a mold. Some investigators would probably have thrown the contami-

nated plate out, but Fleming took a look at it and noticed that the bacteria were dying where the mold was growing. This proved to be due to a substance produced by the mold, later named penicillin. So things should not always be taken at their face value" (p. 105, reprinted with permission). This metaphor makes a point, albeit briefly.

You will have an opportunity to review a variety of metaphoric styles in the chapters that follow and to determine the extent of your comfort with them. If you are particularly interested in refining this type of suggestion, you may wish to consult authors who have emphasized metaphors (Barker, 1985; Lankton & Lankton, 1989; Mills & Crowley, 1986; Witztum, Van der Hart, & Friedman, 1988; Zeig, 1980). You should also consult the section on Erickson's Interspersal Technique in the chapter on pain.

SYMBOLIC AND METAPHORIC IMAGERY

The term suggestions usually refers to verbal statements. The effects of imagery seem so powerfully in hypnosis, however, that it is my belief that we should acknowledge suggestions for imagery as a category of suggestion. The Law of Reversed Effect is a principle that encourages the use of imagery, particularly to bring about physiologic effects. For instance, having patients imagine what their pain looks like and then modify the imagery may produce analgesic relief. Imagining an agitated acid stomach and then modifying the imagery to images (and sounds, sensations and smells) of cool comfort often reduces gastric secretions. *Imagery modification* is a powerful hypnotic technique. Symbolic imagery may also be used to treat emotional problems, as you will see illustrated in the Silent Abreaction technique and others later in the book.

Finally, metaphoric imagery should also be noted. A patient's situation or idiosyncratic speech often suggests metaphoric imagery experiences. For instance, a patient may say, "I feel like I'm in a cave," or "I'm blocked and I don't know how to get past it," or "I'm trapped." Suggesting that the patient imagine himself in such a circumstance may be a valuable therapeutic method of evoking deeper emotions, clarifying situations, and facilitating the working through of conflicts.

The Phrasing of Suggestions

Hypnosis is essentially a refined way of communicating with a patient who is in a state of concentration. Becoming proficient with hypnosis requires that you master a new way of speaking and communicating, a hypnotic "patter." For this reason, as you study and watch hypnosis demonstrations, you are encouraged to write down phrases and suggestions that appeal to you. You will find it valuable to tape record workshops and demonstrations and subsequently study the language and phrasing of suggestions.

Some writers and teachers have emphasized the concept of going into a trance oneself, and simply "trusting the unconscious" to formulate sugges-

tions and conduct hypnotherapy. This admonition stems from Erickson's discussing a particularly fascinating case where he did precisely this. However, before we can trust that something brilliant will flow out of our unconscious mind, we have to put something into it!

After 40 years of experience in compulsively writing, rewriting and carefully preparing suggestions (Hammond, 1984, 1988b), Erickson could certainly trust his unconscious mind to spontaneously contribute suggestions and ideas for intervention. This is the case with all experienced clinicians. Rollo May (1958) once said: "The therapist's situation is like that of the artist who has spent *many years* of disciplined study learning *technique*; but he knows that if specific thoughts of technique *preoccupy* him when he actually is in the process of painting, he has at that moment lost his vision . . . " (p. 85, emphasis added).

After thorough, careful study of the technique of hypnosis and of formulating suggestions, you will increasingly find that you can trust yourself to innovate spontaneously. In fact, as you progress you will undoubtedly be delighted with some of the creative and valuable suggestions that flow into your mind. However, the concept of "trusting the unconscious" should not be used to justify sloppy clinical work and a lack of thoughtful preparation or treatment planning.

I want to encourage you to invest considerable time in writing out suggestions and metaphors. Take concepts and ideas in this book that appeal to you and rewrite them and make them your own. Carefully consider where to put pauses and painstakingly examine the implications of your suggestions. Tape record your hypnotic work and listen afterwards to what you are actually saying and implying.

This kind of thorough study and preparation is crucial to becoming skilled at the art of hypnosis. It is my experience that many of the most highly polished hypnotherapists who seem to be "silver tongued" simply have the *appearance* of spontaneity. In most cases they have actually spent many long hours carefully formulating the suggestions and metaphors they use, and have then, in many cases, committed them to memory. This was certainly the case with Erickson, who for many years compulsively wrote and rewrote suggestions and metaphors to use with patients.

RHYTHM AND PAUSES Most experienced practitioners speak with a rhythm and cadence when they do hypnosis, essentially speaking in phrases. This seems to encourage hypnotic response. A common error among new students is that they will tend to speak continuously, in a lecturing or conversational manner, without pauses.

It not only seems beneficial to speak in a rhythmic manner, but during the process of induction it is helpful to gradually slow down the rate at which you are speaking. Thus you will speak slower and in a more relaxed manner as the induction proceeds. There is an exception, however. Occasionally you may be working with an obsessional or resistant patient who is overanalytical of everything you say. With this type of patient it may be helpful, at least with important suggestions, to speak more rapidly so that they have less time to pick apart or resist suggestions.

EXAMPLES OF INTRODUCTORY HYPNOTIC PHRASING

In an effort to speed up your learning process, I will provide you with a list of many types of introductory phrases that are often used by hypnotherapists, particularly those with a more "Ericksonian" orientation. Repeated study of these phrases and the types of suggestions identified above will undoubtedly assist you to become smoother in your delivery of inductions and suggestions. It may be helpful to tape record these phrases and listen to them repeatedly. This will assist you in internalizing this new way of speaking.

And you can wonder . . .
Can you notice . . .?
And you can be pleased . . .
And you begin to wonder when . . .
With your permission . . .
Now I'd like you to have a new experience.
. . . In a way that meets your needs.
I want you to enjoy this experience.
And you will be surprised at . . .
Now of course I don't know for sure what you're experiencing. But perhaps you're . . .
It's going to be a pleasure to . . .
And I'd like to have you discover . . .
Perhaps even taking a special kind of enjoyment (in your ability to) . . .
And sooner or later, I don't know just when . . .
And I wonder if it will surprise you when . . .
I wonder if you'll be curious, as you notice . . .
You already know how to . . .
Perhaps you wouldn't mind noticing . . .
I would like you to discover something . . .
One of the things I'd like you to discover is . . .
And I want you to notice something that's happening to you.
At first . . ., but later . . .
Have you begun to notice that *yet*?
And I think you're going to enjoy being surprised that . . .
And I want you to notice something that's happening to you.
I wonder if you'll enjoy how naturally, how easily . . .
I wonder if you'd like to enjoy . . .
I wonder if you'll be surprised to discover that . . .
And I wonder if you'll be curious about the fact that you . . .
Perhaps noticing . . .
Perhaps beginning to notice . . .
And maybe you'll enjoy noticing . . .
I wonder if you've ever noticed . . .
Maybe it will surprise you to notice that . . .
I'd like you to let yourself become more and more aware of . . .

I'd like you to begin allowing . . .
And your unconscious mind can enable you to . . .
I wonder if you'll decide to . . . or . . .
In all probability . . .
Very likely . . .
And would you be willing to experience . . .?
You don't need to be concerned if . . .
It's so nice to know . . .
And do you notice the beginning of . . .?
It may be that you'll enjoy . . .
At times like this, some people enjoy . . .
One of the first things you can become aware of is . . .
And it appears that already . . .
Give yourself the opportunity (to see if). . . .
Perhaps sooner than you expect . . .
And if you wish . . .
And you can wonder what . . .
And, in an interesting way, you'll discover . . .
And its very rewarding to know that . . .
And, Chris, you know better than anyone that . . .
It's very positive and comforting to know . . .
You'll be fascinated and feel a strong compulsion to . . .
And that will probably remind you of other experiences, and other feelings you've had.
I would like you to appreciate the fact that . . .
I wonder if you'll be reminded . . .
I wonder if you'll be pleased to notice . . .
. . . by just noticing.
I wonder if you've ever noticed . . .
And while you wonder that, I want you to discover that . . .
I'd like you to begin allowing . . .
What's important, is the ability of your mind to . . .
I want to remind you of something that you probably already know, which is . . .
And as that occurs, you really can't help but notice . . .
So that it's almost as if . . .
Almost as if . . .
Almost as though . . .
Kind of like . . .
And that's just fine . . .
And that's all right . . .
That's okay.
All that really matters . . .
All that's really important . . .
I don't know if you're aware of these changes, and it doesn't really matter.
I wonder if you'll be interested, in learning how, to . . .
It may be that you're already aware of . . .
The really important thing is just to be fully aware of . . .

The Process of Suggestions in Facilitating Phenomena

I have adapted and modified (Brown & Fromm, 1986) eight steps that may be useful in conceptualizing how to structure a series of hypnotic suggestions that are designed to produce one of the hypnotic phenomenon.

1. *Focusing Attention.* It is recommended that a sequence of suggestions begin with something that captures or focuses the patient's attention. This may be done indirectly by simply speaking in a manner that compels or captures attention. For example, "Something is beginning to happen to one of your hands, but you don't know what it is yet." Such a suggestion creates a sense of wonderment, depotentiating conscious mental sets and focusing attention through evoking curiosity. After all, how often does anyone say something like that to most people?

   Attention may also be focused through a more direct suggestion. For example, in the case of formulating suggestions to facilitate arm levitation, one may say: "Concentrate on the sensations in your hands." Another illustration of a straightforward directive to focus attention prior to giving more important suggestions is to say, "I want the deepest part of your unconscious mind to listen very carefully. And when the deepest part of your mind is fully listening, your 'yes' finger can float up to signal me." Erickson often said, very simply, "Now I want you to listen very carefully."
2. *Enhancing Awareness of Immediate Experience.* Particularly when seeking to facilitate an immediate action or sensory hypnotic phenomenon (e.g., ideomotor or ideosensory activity, anesthesia), it can be valuable to increase the patient's awareness of his or her current experience. As a next step in arm levitation, for example, one may continue: "And you can simply tell me, which hand feels lighter?" or, "And notice the texture of your slacks, and the sensations that you notice in your fingers." This step, popularly referred to as "pacing," does not suggest an activity or experience, but simply points out or seeks to increase current awareness.
3. *Noting and Accepting Any New Aspect of the Experience or Leading the Subject.* Next, a suggestion is given to create an expectation and anticipation of a new experience. The therapist will now have an opportunity to note the patient's response to suggestion. Several suggestions will illustrate this step: "And one of your hands will begin to feel lighter than the other." "And a lightness will begin to develop in one of your hands. [pause] And you'll begin to notice a tendency to movement in one hand. And then a finger will begin to twitch or move, [pause] and then to float up." "You will begin to notice a numbness and anesthesia beginning to develop in your right hand. And *when* you notice the anesthesia beginning, just nod your head to let me know. [If no response is forthcoming, after 20 seconds, further suggestions may be given:] And I don't know if you'll begin to notice the numbness in your fingers,

or your palm or on the back of the hand *first*. But *when* you notice the numbness beginning, just nod your head. [If necessary, after another 30 second pause, you may ask:] Do you notice the numbness *yet*?"

4. *Introducing the Immediate (Process) Goal of the Suggestion.* The behavioral response or desired goal for the near future is next noted to the patient. "And as that lightness increases, *soon* that entire hand and arm will *begin* to float up, off your lap" [the immediate goal]. "And notice how that numbness begins to flow and spread through *that* entire hand ["that" is dissociative language, in contrast to saying "your hand."]. *Before long* that entire hand will become very numb, and leathery, and anesthetic. And when that entire hand feels very numb and anesthetized, just nod your head to let me know."
5. *Repetition of Suggestion and Reinforcing Partial Responses.* It is often important to be patient in seeking to obtain a hypnotic response. Use repetition of suggestion focusing on the intermediate responses that are needed to produce the full response you desire. "And that hand is getting lighter and lighter [said during inhalations], lifting, lifting, that's right [reinforcing a small twitching movement]. And that index finger twitches and lifts [further reinforcing the partial response to suggestion], and the other fingers will develop a lightness also, almost as if large helium balloons were being attached to each fingertip and the wrist with strings." Naturally, more significant responses to suggestion are also deserving of reinforcement. "That's right, and up it comes. And you can really enjoy the way it's effortlessly floating up."
6. *Encouraging Dissociation and Involuntary Response.* As the suggestive sequence continues, as modeled under step 4, it is important to shift to using dissociative language that will encourage a feeling of automatism and of responding involuntarily. For example: "And *the* hand is lifting; *it's* floating up, lighter and lighter. And *just allow that hand* to continue floating up *all by itself*, *at its own pace and speed*." The following suggestions illustrate this process in producing glove anesthesia: "Notice, with a sense of curiosity, how that numbness and anesthesia begin to flow and spread, all through *that* hand. Spreading and flowing in *its own way*, *without really trying, just allowing it to happen*."
7. *Building Anticipation and Expectation.* Occasionally in the process of giving suggestions to facilitate a phenomenon, it is helpful to create expectancy and build a sense of anticipation of a response that will soon occur. For instance: "And *soon* you'll *become aware of the tendency to movement*, and first one finger, and then another, will *begin* to develop a lightness. And *before long* you'll sense a finger twitch or move, and then it will begin to lift." "And something's *beginning to happen* to one of your hands, and *soon you'll become aware* of what it is."
8. *Accepting the Patient's Pace of Response.* Adjust to the patient's rate of response, whether it is rapid or slow. Begin by "pacing" the behavioral response, adjusting, accepting and commenting on it. Then, suggestions may be introduced to accelerate or slow down ("lead") the speed of response. When a levitation is beginning to occur very slowly, for example, be patient and continue to focus on and reinforce small,

minimal movements. Later, leading suggestions may be given. For instance, "And now it's as if some other force begins to push or pull that arm up. As if there's a large helium balloon under the palm, or attached with strings to each fingertip and to the wrist, and that hand and arm will begin to float up more rapidly, lighter and lighter [as the therapist very lightly strokes up the underside of the forearm, or very gently lifts the fingertips while the patient is inhaling.]."

HANDLING FAILURE TO RESPOND TO SUGGESTIONS

What do you do when there is no response to a suggestion? One option is to be accepting (e.g., saying "That's all right.") and then simply move on to something else, possibly with the suggestion that they will respond more fully next time. But perhaps the best strategy that I have discovered is to interact with the patient in trance. You may ask, "Remaining deep in trance, just tell me verbally, what are you experiencing?" You may discover that your suggestion was not clear to the patient or that he misinterpreted the suggestion. On the other hand, you may discover that some type of response has occurred that may then be accepted and utilized for therapeutic gain. For instance, after failing to obtain an ideomotor signal in response to suggestions, the inquiry may reveal that the patient feels a sensation in one finger, but that "it doesn't seem to want to float up." This may be accepted and utilized in the following manner: "That's just fine. Many people experience sensations instead of feeling a finger move. So whenever your unconscious mind creates a distinct sensation in that finger, it can represent a signal of 'yes,' you can then voluntarily lift it up to let me know." Be open to patient feedback when you make inquiries. You may learn something you need to modify, change or suggest to facilitate a successful response. Also, remember to be patient and reinforcing of partial responses.

It is also vitally important to accept that many patients seem to be natively talented at experiencing certain phenomenon, and may have difficulty experiencing others. It may be interpreted in this way to the patient, as a normal phenomenon, and this reduces perceptions of failure.

HYPNOSIS IN PAIN MANAGEMENT

INTRODUCTION

Evaluation and Assessment of Pain

ETHICAL PRACTICE requires that we have the technical knowledge to adequately evaluate patient needs. This means that the nonphysician treating pain patients must become familiar with medical evaluation and treatment alternatives. Pain patients should be required to obtain a physical examination and appropriate diagnostic studies prior to psychological intervention.

Similarly, it is vital for physicians and dentists to learn to evaluate more than the biophysical aspects of pain. Particularly with chronic pain patients, multidimensional assessment is required (Hammond & Stanfield, 1977), taking into account the physical-sensory, behavioral, affective, interpersonal-environmental, and cognitive (and adaptive function) components of the pain experience.

Interview evaluation may include: a description of the pain; history of the pain and whether it is acute or chronic; prior treatments, surgeries and medications and their effects; the impact of the pain problem on relationships, vocation, leisure activities, sexual activity, etc.; level of premorbid functioning; potential benefits of the pain ("If I could magically take away your pain today, how would your life be different? What would you be able to do that you can't do now?"); antecedents (environmental, temporal, emotional, cognitive) associated with exacerbation and improvement of pain; and level of depression.

We must remain aware that lifestyle variables such as bruxism, postural habits (e.g., from lengthy telephone use and video games), and environmental chemicals (Hall, 1980) may all contribute to pain problems. Last year a 53-year-old female patient consulted me with a 40-year history of severe, daily migraines. She had undergone almost every kind of medical

and dental evaluation. But during the first interview it became apparent that her migraine headaches were usually present upon awakening in the mornings. Although she had no evidence of tooth abrasion from grinding, I asked her to consciously relax her jaw before retiring during the next week. The next week she had four migraines instead of seven. She was then taught self-hypnosis with suggestions for bruxism. The following week she only experienced one mild headache and she reported that it was the most comfortable week in 40 years! Her relief has continued. Despite the many intensive medical and dental evaluations, this behavioral factor that is responsive to hypnotic intervention had been overlooked.

Other cases may be cited, however, in which medical causes for pain were discovered that required medical treatment, not hypnosis. For instance, a large proportion of the women referred to me for the psychological treatment of dyspareunia (pain with intercourse) are said by their gynecologists to have no organic pathology. Experience has taught, however, that most gynecologists (who usually happen to be men) have not learned to do a detailed enough pelvic examination to identify organic causes of dyspareunia (Abarbanel, 1978; Kaplan, 1983). In my practice, when we have a specially trained gynecologist evaluate these patients, we find organic causes for dyspareunia in 70%-80% of the cases. The message is that we must not neglect thorough medical or psychological (behavioral, cognitive, environmental, affective) evaluation with pain patients. Pain is a complex disorder.

OBTAINING A SENSORY DESCRIPTION OF THE PAIN

Hypnotherapy with pain is facilitated by a detailed description of the following sensory aspects of the pain: (1) thermal sensations (e.g., degree of heat versus cold); (2) kinesthetic sensations and pressure aspects of the pain (e.g., dull, sharp, binding, itching, heavy, twisting, drilling, penetrating, stabbing, pounding); and (3) imagery of the pain (size, shape, color, texture, sound). One method for doing this is to obtain a detailed verbal description of the sensory components of the pain. This may be done in an interview in a manner that establishes rapport with the patient and leaves him or her feeling empathically understood. For example, I typically ask the patient to tell me which of the following adjectives describes an aspect of their pain:

Aching, beating, binding, biting, burning, caustic, cool, corroding, cramping, crushing, cutting, drilling, dull, flashing, flickering, gnawing, grinding, gripping, heavy, hot, itching, lacerating, nagging, nauseating, numb, penetrating, piercing, pinching, pounding, pulsing, rasping, searing, sharp, shooting, smarting, spasming, splitting, squeezing, stabbing, stinging, tearing, throbbing, tingling, twisting.

A detailed sensory description of the pain not only establishes rapport but also, more importantly, provides you with clues that may be valuable if techniques are used for replacement or substitution of sensations or for hypnotic reinterpretation of the pain experience. In addition, many of the pain descriptors listed above suggest imagery to both patient and therapist that may subsequently be used with the technique of imagery modification.

The qualitative aspects of pain may also be assessed through paper and pencil instruments such as the McGill Pain Questionnaire (Melzack, 1975) and the Low Back Pain Questionnaire (Leavitt, Garron, Whisler, & Sheinkop, 1978). It may likewise be enlightening to have patients draw their pain or at least to imagine in hypnosis what their pain looks like. Drawings may usefully assess the location of pain and will naturally also suggest images for later modification during hypnosis. Drawings to determine location of pain may particularly be facilitated by giving the patient a page with a line drawing of the front and back of the body, with instructions to identify or shade areas where pain is experienced.

OUTLINE OF HYPNOTIC STRATEGIES AND TECHNIQUES FOR MANAGING PAIN

In this chapter you will find a large number of hypnotic techniques discussed and modeled for you. You may find the following conceptualization of major hypnotic pain control strategies and the techniques that fall under these strategies to be useful in understanding these methods.

I. Unconscious Exploration to Enhance Insight or Resolve Conflict
   - A. Ideomotor Signaling
   - B. The Inner Adviser Technique
   - C. Guided Imagery
   - D. Hypnoprojective Techniques

II. Creating Anesthesia or Analgesia
   - A. Direct or Indirect Suggestion
   - B. Imagery and Imagery Modification
   - C. Ideomotor Turn-off of Pain
   - D. Gradual Diminution of Pain
   - E. Interspersal Technique and Use of Metaphors
   - F. The Clenched Fist Technique
   - G. Increasing and Decreasing Pain

III. Cognitive-Perceptual Alteration of Pain
   - A. Body Dissociation
   - B. Symptom Substitution
   - C. Displacement of Pain
   - D. Replacement or Substitution of Sensations
   - E. Reinterpretation of Sensations
   - F. Unconscious Exploration of Function or Meaning of Pain
   - G. Amnesia
   - H. Time Distortion
   - I. Massive Time Dissociation
   - J. Increasing Pain Tolerance
     1. Posthypnotic Suggestions for Internal Dialogue
     2. Mental Rehearsal of Coping with Triggers and Pain
     3. Desensitization to Triggers that Exacerbate Pain
   - K. The Inner Adviser Technique (to explore meaning and triggers of pain)

IV. Decreasing Awareness of Pain (Distraction Techniques)
- A. Time Dissociation
- B. Imagining Pleasant Scenes and Fantasies
- C. Absorption in Thoughts
- D. External Distraction Through Enhanced Awareness of the Environment
- E. Eliciting Mystical Experiences

STRATEGY AND TECHNIQUE SELECTION How does one select which one of the strategies to use? My personal preference is to first determine with a technique from strategy I (e.g., ideomotor exploration) that an unconscious dynamic or past event is not a part of the problem. This can generally be assessed in one part of a single session, although if factors are uncovered they may require an interview or two to resolve. One problem with conventional pain assessment strategies (e.g., Karoly & Jensen, 1987) is that they neglect the possible role of unconscious variables as a potential cause of a pain problem. There are occasions when a pain problem, or part of a pain problem, may be associated with past trauma (e.g., incest) or serve unconscious purposes (e.g., for self-punishment). We may hypothesize that this may particularly be the case when the cause of the pain is unknown and cannot be causally related to any pathophysiologic process, where the pain seems more intense than would ordinarily be anticipated, and/or when pain lasts longer than is appropriate.

Hypnotherapy for pain should include a brief routine check (e.g., with ideomotor signaling) to determine if unconscious factors contribute to the problem (Hammond & Cheek, 1988; Rossi & Cheek, 1988).

When it has been determined that psychological and unconscious factors do not play a role in the problem, suggestive hypnosis may then be introduced. Thus it is next recommended that you determine whether strategy II techniques (e.g., suggestions for anesthesia, ideomotor turn-off of pain, imagery modification) are successful in alleviating or managing the distress. When these more straightforward techniques are not entirely effective, we may then experiment with the more complex techniques that fall under strategies III and IV. These techniques will be particularly beneficial when pain is chronic and where several pain sites are identified. Certain techniques (e.g., time dissociation, imagining pleasant scenes) are primarily useful with patients who can be inactive, at least for segments of the day. For instance, if a patient is imagining a future or past time when they were not in pain, this inward absorption precludes simultaneous interaction with people or the performance of vocational tasks. When working with more difficult, chronic pain patients who have several sites or types of pain, you may also find it helpful to begin by working with their least difficult or intense problem first. Begin with the problem where you anticipate the highest probability of success. Successful management of one pain area or problem will enhance patient self-efficacy and their belief that success may be anticipated with other problems (areas) as well. Success breeds success.

When time permits, it is also valuable to determine the hypnotic pain management techniques that the patient is most skilled in using and which

techniques are most potent for them individually. You will probably find it most helpful initially to demonstrate pain control techniques to manage acute pain that is therapist-induced; for example, begin by creating glove anesthesia to block pain that is induced through the use of a hemostat or nail file.

There are a variety of suggestive hypnotic strategies for pain management that will be reviewed in the first part of this chapter. In successfully controlling organic pain, however, it is extremely important to have frequent reinforcement sessions early in treatment. In particular, it has been recommended (Crasilneck & Hall, 1985) that we should reinforce pain control as quickly as possible after the patient becomes aware of the return of pain. Thus, in the first 24-hour period it may be necessary to see the patient several times (e.g., every four hours) and self-hypnosis should be learned as rapidly as possible.

We should also not neglect the role of ego-strengthening as part of hypnotic work with chronic pain patients. Patients with chronic pain customarily also develop feelings of low self-esteem and self-worth that may be responsive to hypnotic suggestion. Furthermore, self-hypnosis provides such patients with an active self-management strategy that can return some sense of control and mastery to their lives.

Most of our patients are not capable of creating a complete anesthesia and removing all of their pain through hypnosis. However, even for those patients who are this hypnotically talented, we should only remove all pain in a small number of conditions: (1) dental anesthesia; (2) childbirth; (3) terminal illness (e.g., cancer pain); (4) when hypnosis is being used for surgical anesthesia; (5) phantom limb pain; and (6) possibly for treating shingles or arthritis attacks (Crasilneck & Hall, 1985). In other cases, we must remain cautious to leave some "signal" pain so that the patient will not injure himself and so that pain from the development of new symptoms or a worsening of the patient's condition will be perceived and reported.

Very importantly, as clinicians treating pain we must assume a realistic posture concerning the role of hypnosis. Hypnosis is like any other medical or psychological technique: it is not effective with every patient. Some patients obtain tremendous pain relief with hypnosis; others find it clearly helpful but are in need of still other methods of relief; some find that it reduces the affective components of pain (Price & Barber, 1987), making the sensory pain more tolerable; and some patients receive no benefit from hypnosis. Consequently we must also be familiar with nonhypnotic treatment options such as medications, nerve blocks and trigger point injections, physical therapy, transcutaneous electrical nerve stimulation (TENS), and biofeedback. When it comes to the treatment of pain, the hypnotherapist should not work in a vacuum. A multidisciplinary team is ideal, and interdisciplinary cooperation is vitally important.

CHAPTER OVERVIEW

The first part of this chapter will introduce you to a variety of hypnotic techniques for pain management and models of verbalizations for these techniques. Later, suggestions specific to several conditions such as migraine, arthritis, cancer and shingles will be presented.

Techniques of Hypnotic Pain Management

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Though there are many ways of conceptualizing techniques of hypnotic pain management, and while different clinicians will certainly apply techniques differently, it is helpful to consider four basic methods of achieving hypnotic pain control:

1. *Analgesia or anesthesia* can be created in the hypnotized individual by simply suggesting that the perception of pain is changing, is diminishing, or that the area is becoming numb, so that the pain is gradually disappearing. It may be easier for a patient to notice growing *comfort* rather than diminishing pain; thus a specific feeling of comfort such as that associated with anesthesia can be suggested specifically, for example: "*You may remember the feeling of anesthesia from the past, and begin already imagining that such numbing comfort is beginning, just barely, to become more and more apparent.*" Alternatively, the patient can be given a specific focus to notice diminishing pain. For instance, it may be helpful to ask the patient, before treatment, to rate his or her pain on a scale from 0 to 10, "0" representing no pain at all, and "10" representing the most pain imaginable. (Patients can rate their pain quite reliably, as Sternbach [1982] describes.) Following induction, the hypnotized patient may be told, "*Earlier, you were able to rate your pain, using numbers. I'd like you to look up, in the corner of your mind, right now, and notice what number you see, and notice that number beginning to change.*" Further suggestions can be given for associating the number with the perception of pain, and for perceiving progressively diminishing magnitude of the numbers.
2. *Substitution of a painful sensation* by a different, less painful sensation can frequently enable a patient to tolerate some persistent feeling in the area but not to suffer from it. A sensation of stabbing pain may be substituted with a sensation of vibration, for example: "*The stabbing needles might become, in a surprising way, somehow more dull, not quite so very hot, so that, at some point in the future, maybe in two minutes, maybe in two hours, you can notice the peculiar buzzing, or vibrating feeling of the blunt, warm needles.*" For some patients, substitution is easier when the substituted feeling is not thoroughly pleasant; a burning neuralgic pain may become an irritating itch, for instance, or a tickle; a patient who needs for some reason to continue to be aware of the stimulus of the pain, for instance, may be better with this technique.
3. *Displacement of the locus of pain* to another area of the body, or, sometimes, to an area outside the body, can again provide an opportunity for the patient to continue experiencing the sensations, but in a less vulnerable, less painful area. The choice of the area is usually based on its lesser psychological vulnerability, and suggestions can leave the choice to the patient; for example: "*As you continue to pay careful attention to the discomfort in your abdomen, let me know when you first begin to notice the very slight movement of that feeling. . . . That's right, now just notice, as the movement continues, in perhaps a circular way, to increase . . . is it moving clockwise, or counterclockwise? . . . That's fine, now just continue to be curious as you notice how the feeling can continue to move, in an ever-increasing spiral, moving round and round your abdomen, and notice which leg it begins to move into . . .*" and so on, as the feeling is suggested to move into a limb, perhaps even to center in a single toe or finger, or to move outside the body altogether.
4. *Dissociation* of awareness can be created when the patient does not need to be very functional (e.g., during a medical or dental procedure) or when some condition renders

the patient virtually immobile (e.g., during the last stages of a terminal illness). The patient can be taught simply to begin to psychologically experience himself or herself as in another time, place, or state, as in a vivid daydream. For instance, one can suggest that the patient experience himself or herself as floating, and that "*your mind, your awareness, can just float easily outside your body, and move over by the window, so you can watch the world outside . . .*" or one can suggest that the patient float outside the room, and travel to any place he or she would enjoy.

EXAMPLE OF SUGGESTIONS FOR DECREASING NUMBERS TO CREATE COMFORT

A while ago, you were able to very accurately rate your pain, using a number from 0 to 10. Any time in the future that you would like to feel more comfortable, you can do so. All you have to do is to look up in the corner of your mind, and notice what number is associated with the level of pain you feel. Then, just watch . . . just watch as the number begins to change. I don't know exactly what that will be like. Maybe it will begin to quite slowly fade from your visual awareness, and as it does so a smaller number will begin to emerge from the background. For instance, if you feel and see an "8," you may begin to notice the lines of the "8" begin to fade, and "7" will become more apparent. Or maybe the curves of the "8" will begin to straighten and relax, and become more like the angles of the "7," until, after a while, the angularity of the "7" will take on the graceful curves of the "6." And maybe the "6" will, like the pages of a calendar in a movie, be blown by the wind, off into the darkness, leaving a "5." And maybe the "5" will begin to open, ever so gradually, and the line at the top will fade until you notice that there is no longer really a "5" there but rather a "4." Or, maybe some numbers will be skipped altogether, and you might, more quickly than you expect, begin to have the impression of a lovely white swan, gliding along, the graceful long curve of its neck reminding you very, very distinctly of a "2." Or is it that, seeing a "2," you are reminded of a swan. And not only *reminded* of a swan, but, somehow, begin to feel almost as if you, too, are gliding gently along, the smoothness and grace more and more a part of your awareness. . . . And any time that you want to feel more comfortable than you do, all you have to do is look up in the corner of your mind and see the number you feel. And the number you feel is the number you see, and the number you see is the number you feel. And then just watch . . . just watch, as the numbers, and your feelings, begin to change. And a beautiful swan, or is it only the coolness of a "2," is so very much more easy to live with, is it not?

[The patient was thus given a posthypnotic suggestion for coping with future pain. However, in order not to lead the patient to expect too much from this new experience, no suggestion was given for complete pain relief (no "0" was suggested, for instance), and further caution was added:]

Now, I really don't know you very well, and you certainly don't know me well yet at all . . . so I really don't know how much relief you can expect, really expect, to feel when you leave my office. It may be that sometime later today, and I really don't know what time, maybe 10:30 this morning, or maybe just one second after noon, or maybe 6:18 this evening . . . I really cannot say what time it will be . . . I cannot predict the future . . . but maybe it would be interesting to you, or even enjoyable for you, to notice, at some time later today, but I don't know what time exactly, to just suddenly notice how much more comfortable you feel than you thought you might. But I don't know what to expect. I'd be really very surprised if you left here feeling much relief; I wouldn't be very surprised to later find out that you felt better later today. But listen . . . even if you feel better late today, either later this morning, or this afternoon, or even tonight, just before getting ready for bed, there is no reason to assume that this has

anything at all to do with anything you and I may have done today. There is really no need to know how or why something happens in order to enjoy the fact of it. So there is no reason at all to assume any cause in particular. In fact, whatever relief you feel may be so very pleasing, so very enjoyable to you, you may not even care why it happens.

[The purpose of such suggestions was to obviate any expectations the patient may have had about my own expectations, as well as any doubts the patient may have had about the efficacy of hypnosis, and to diffuse issues of control or power which might have otherwise inhibited relief.]

ILLUSTRATIVE DISSOCIATIVE SUGGESTIONS WITH A RESISTANT CHRONIC PAIN PATIENT

I wonder, even as you continue to lie on the treatment table, if you would enjoy remembering some time, long ago, when you didn't hurt very much. Or maybe you can remember what it was like when the nerve block stopped the pain. That was really a great experience, and, though it might happen again, I really doubt that it could happen today. In fact, if you do feel better later today, on your way home, after you get home, while you're standing in the kitchen, or just as you're getting into your bed, it is unlikely that it is the result of anything we've done for you today. We're just getting to know you, and it seems unlikely that someone with a problem as complex as yours is going to experience much relief today, or, even if you do, it is probably just a lucky break, just a fluke. Who knows how much comfort you can have? I don't. Well, at least I don't know for sure. I'm sure you can have *some* relief. Who couldn't. But just how *much* is really as unclear to me as it is to you. I don't know you, I don't understand you, I don't feel your pain, I don't really understand your pain, so it would be really dumb for me to stand here and tell you that you're going to feel better today just because you're lying there listening to me with your eyes closed, your body relaxing more and more with each breath you take. Whatever relief you might feel, either now, or later today, or tomorrow morning when it's time for you to awaken, that relief is just something that happens, and I don't know why, and I don't know how. You may have some idea about it, either while it's happening, or just after you discover feeling better, or maybe next month or next year. I don't know. After all, time is not only relative, but it is sometimes very confusing. Your mom is going to drive you home today, and when she does, while she is driving, and while you sort of daydream about what I've said to you, while this is happening, it is today, and you know what day this is. But tomorrow, today will be yesterday, and tomorrow will be today, and what was once today will be just that much farther in the past of your comfort, your relief, your hopes, your curiosity about what can be done for you, and better yet, what you might do for yourself. Now, as I leave the room, I want you to take whatever time you need to get up, after your mind has cleared and your eyes have opened, to get up, get your clothes on, go find your mom and do whatever else is necessary to get yourself gone to the comfort of your home. The receptionist will make an appointment for you to see me in a few days, and when I see you again, I will be really eager, really curious, to hear you tell me about the things you've been wondering about. Goodbye.

Altering the Quality of Discomfort: Example of Leg Pain

M. Erik Wright, M.D., Ph.D.

The following illustration shows how guided imagery can be used to assuage discomfort by reinterpreting its nature. It is taken from a case where it was important for the intensity of pain to become tolerable so that healing could be

facilitated. Trance induction had already taken place. The therapist continued:

You have described this pain in your leg shin as being sharp and piercing, like a knife point sticking into the bone . . . A very distressing and uncomfortable experience . . . It would become more tolerable if this sudden, intense, sharp pain were replaced by a pain that did not come so unexpectedly, that gave you time to adjust yourself so that when it occurred, even if the new pain were not exactly comfortable. . . .

[The therapist begins to develop imagined conditions for modifying the pain:] Now visualize the left leg as being covered by thick layers of cotton . . . going around and around that part of the leg where the pain is most often experienced . . . See this cotton secured to your leg so that it won't slip off . . . The cotton is so thick and matted that nothing would be able to pierce through it, no matter how sharp it might be . . . [The therapist paces the process according to cues from the client:] Signal with your finger when you see this clearly . . . Good . . .

[The therapist continues building pain-reducing imagery:] Now see a sharp knife thrusting at the cotton layers, but it absolutely cannot penetrate through the cotton protection . . . You may sense the pressure transmitted through the cotton . . . It may feel like a dull pain, but it is mostly pressure and you are much better able to stand the amount of discomfort . . . When you have reached the tolerance level for this dull pain, see the knife being withdrawn from the cotton batting . . . The pressure is relieved, and the dull pain drops immediately. . . .

[The therapist gives control to the client for pain reduction and healing:] Now that your body does not have to prepare for the shock of the sharp pain, you will be able to use that spared energy to speed up the healing process . . . When the pain recurs, you can gradually build up the thickness of the cotton wadding so that the pressure becomes more tolerable and the dull pain continues to decrease. In time, you may feel only a sensitive area on the skin as the healing underneath continues.

Transformation of Pain

William L. Golden,
E. Thomas Dowd, and
Fred Friedberg

In physical transformation of pain, the pain is moved to a part of the body that is less central to the individual's activities or to a location that is so ridiculous that the person is enabled to treat it in a humorous fashion, thus making it easier to view the pain in a more detached manner. For example, lower-back pain could be transferred to the big toe, where it interferes less with daily activities. Or a headache could be moved to the little finger of the right hand or, more humorously, the left earlobe. This procedure is especially valuable in cases of chronic, intractable, benign pain, where there is often a need to retain the pain for psychological reasons. The client is thus not asked to give up the pain, but only to transform it. Often it is helpful to ask clients where they would like to move their pain, in order to involve them in the process.

Physical transformation of pain is accomplished as follows. After the subject is placed in a trance, he or she is instructed to touch the painful part of the body with (usually) the right hand and to transfer the pain to another part of the body by touching it with that hand. If desired, suggestions can also be made for a reduction of the pain in the new location. An instruction such as the following could be used:

> You can slowly allow your right hand to move so that it touches your back at the most painful spot. . . . As it touches your back, you can be aware of the painful sensations flowing from your back into your hand. . . . Now slowly allow your hand to move toward your left shoulder, feeling the pain lessen as it does so. . . . As your hand touches your left shoulder, you can feel the pain move to your shoulder, but somewhat less than before. Now remove your hand and let it slowly drop to your lap, relaxing as it goes.

Pain can also be transformed into other sensations, and this procedure is likewise useful

in cases of chronic, psychogenic pain. In addition, the signaling function of pain is retained, while the suffering and incapacitation associated with it are reduced. For example, suggestions can be given that the individual will experience an itching, tingling, or warm sensation in the place of and at the site of the pain rather than the pain itself. To some extent, this technique is based on the common observation that the label we attach to something might in part determine how we respond to it (a rose by another name might not smell as sweet), because the meaning of an event or object is partly a function of its name. For example, we might respond quite differently to a behavior labeled *aggressive* than to one labeled *forthright*, although the actual behavior could be the same in both cases. The client might be instructed as follows:

As you pay close attention to the sensations in your back [the location of the pain], you can become aware of a feeling of warmth, it will gradually replace all other feelings so that all you feel in that area is warmth. And you can allow that feeling of warmth to remain for as long as you have need of it.

Erickson's Suggestions for Pain Control

Milton H. Erickson, M.D.

INTRODUCTION

These practical suggestions were compiled from throughout the published papers and lectures of Dr. Erickson. They have been compiled according to technique. Although sometimes Erickson simply describes a technique, often his actual suggestions are provided. I believe that many of these suggestions will provide you with a valuable model for many of the more complex methods that we must occasionally resort to when more straightforward techniques are not successful. (*Ed.*)

TRUISMS FOR DEVELOPING ANESTHESIAS

Erickson discussed "the tremendous amount of learning you have acquired during your lifetime of experience in developing anesthesias throughout your entire body. For example, as you sit and listen to me now, you've forgotten the shoes on your feet . . . and now you can feel them; you've forgotten the glasses on your nose . . . and now you can feel them; you've forgotten the collar around your neck . . . and now you can feel it . . . You listen to an entertaining lecture, and you forget about the hardness of the chairs. But if it happens to be a very boring lecture, your chair feels so utterly uncomfortable. You sense those things. We've all had tremendous experience in developing anesthesias in all parts of our bodies" (Erickson, 1985, p. 228). "So how did you get that anesthesia for the shoes on your feet? Not because there is a drug put into the nerve; not because you were told to have the anesthesia; but because in your lifelong learning you have acquired the automatic ability to turn off sensations and to turn them on again" (Erickson, 1986, p. 120).

ANTICIPATION AND UTILIZING THE UNCONSCIOUS

A number of things may develop, some of which I have not mentioned. I hope you will notice and appreciate them, and then fit them into the goal that you wish to achieve. And I'd like to have you interested in the way these unexpected things can fit into the goal you wish to achieve (Erickson, 1985, p. 180).

REPLACEMENT, SUBSTITUTION OR REINTERPRETATION OF SENSATIONS

You tell your patients in the trance state to think over their pain. Maybe they can't cut out the *nagging* quality of the pain, but maybe they can cut the *burning* quality; maybe they can cut out the *heavy* quality. Or maybe they can keep

the heavy, dull aspect of the pain, and lose the burning, the cutting, the lancinating, shooting qualities of the pain. And what have you done? You have asked your patients to take the total experience of pain and to fragment it into a variety of sensations; and as surely as your patients fragment their pain, . . . they have reduced it (Erickson, 1986, p. 81).

ALTERATION OF SENSATIONS. You have aching pains in your legs that distress you very greatly; you are suffering from arthritis. But if you will examine those sensations, you will find, perhaps, a feeling of warmth; perhaps a feeling of coolness; perhaps a feeling of coldness; and now how about extending some of those sensations? (Erickson, 1986, p. 104).

I asked my patient to tell me whether I should take care of the cutting pain next—or should it be the burning pain, or the hard, cold pain, or the lancinating pain? What does the patient do in response to such a question? He immediately divides his pain experience, psychologically, into a great variety of separate kinds of pain . . . (Erickson, 1983, p. 223).

There are certain transformations that can be brought about here. You know how that first mouthful of dessert tastes so very good? And even the second mouthful still tastes good; but by the time you reach the sixty-sixth mouthful, it doesn't taste so good. You have lost the liking for it, and the taste of the dessert has changed in some peculiar way. It hasn't become bad; it has just "died out" in flavor. Now, as you pay attention to these various sensations in your body that you have described to me, I would like you to name the particular sensation that you want me to work on first (Erickson, 1983, pp. 225-226).

I want to know if that grinding pain is a rapid grinding pain or a slow grinding pain. Or, I can suggest an addition to the grinding: "If you will just pay attention to that grinding pain you will notice that it is a *slow* grinding pain." I have added my own adjective of *slow* to the patient's grinding pain, and if the patient does not accept *slow* I can slip over to *rapid* grinding pain. Why? Because anything that I do to alter the patient's subjective experience of pain is going to lessen that pain . . ." (Erickson, 1983, p. 228).

And I explained to her with profound apologies that even though I had relieved the pain of her cancer by this numbness, I would have to confess that I was going to be an absolute failure in one regard. I would not be able to remove the pain from the site of the surgical scar. Instead of removing absolutely all of the pain, the best, the very best, that I could do would be to leave the scar area with an annoying, disagreeable, great-big-mosquito-like feeling. It would be something awfully annoying; something she would feel helpless about; something she would wish would stop. But *it would be endurable*, and I impressed that point on Cathy's mind. It took me four hours to accomplish everything (Erickson, 1983, p. 172).

DISPLACEMENT OF PAIN

Now, you've got cancer pain. Why not have another kind of pain also? Why not have pain out here in your hand? You have cancer pain in your body. It is very, very troublesome; it is very, very threatening; it is going to kill you. You know that. You wouldn't mind any amount of pain out here in your hand, because that wouldn't kill you. It is the pain in your torso that is going to kill you, and if you only had pain out here you could stand any amount." You can teach your pain to displace the pain from the torso out into the hand where it is gladly experienced, because it has lost its threatening quality. (Erickson, 1986, pp. 80-81).

AMNESIA FOR PAIN

One of the ways of dealing with unpleasant sensations is to forget them—like when you go to the movies and get all absorbed in the suspenseful drama on screen, and meanwhile you forget about your headache. You may not

remember until three days later that you had a headache when you went into the cinema (Erickson, 1983, p. 226).

GRADUAL DIMINUTION OF PAIN

I can't take away all of your pain. That is asking too much of me; it is asking too much of your body. And if you lose 1 percent of that pain you would still have 99 percent of it left; you wouldn't notice the loss of 1 percent, but it would still be a loss of 1 percent. You could lose 5 percent of that pain. You wouldn't notice the loss of 5 percent, because you would still have 95 percent of the pain; but you would still have a loss of 5 percent. Now you could lose 10 percent of the pain, but that really wouldn't be noticeable because you would still have 90 percent of it; but you nevertheless would have a loss of 10 percent of your pain. [You continue to diminish the pain—down to 85 percent, 80 percent, 75, 70, 65, 60,and so on. Then you say:] You might even lose 80 percent of your pain, but I don't think that is quite reasonable, yet. I would be willing to settle for a loss of 75 percent. [And the patient is going to agree with you, regretfully. Then:] What is the difference between 75 and 80 percent, and sooner or later you can lose 80 percent, and maybe 85 percent; but first, let us settle for 80 (Erickson, 1983, p. 236).

DISORIENTATION AND CONFUSION TECHNIQUE WITH PAIN

"Let us see, is that pain in your right leg, or your left leg? . . . Let us see, which is your left leg and which is your right leg?" And you can get as confused as you get the child confused on this subject of where the pain is, and which leg is which. "And now is it on the outside side of your leg, or is it on the inside side of your leg?" . . . I discussed rightness and leftness, and centrality and dextrality, and so on, until the girl was so confused that she thought this hand was her right hand [her left hand], and this hand was her left hand [her right hand]—because [the left hand] was the only hand that was left to write with! . . . What was my technique? I set up a body disorientation by teaching the patient to get very confused about the site of the pain, about the part of the body involved in the pain, and about the direction of the pain. You disorient the patient to the point where he simply does not know which side is which, and then you provide him with the orientation that you want for him. If you can move the pain to a place in the body where there is no organic cause for it, then you are in a position to produce hypnotic anesthesia for the pain at its actual site. You move the patient's subjective experience of the pain to the wrong area, bodily, because you can correct it more easily there; the patient has little resistance to accepting suggestions in the healthy area (Erickson, 1983, p. 235).

PAIN METAPHOR

. . . You can also cut down organic pain by minimizing your response to it. You see, in organic pain situations you have neurosynapses that are transmitting the pain. Through hypnosis you can spread those synapses apart—like sparks jumping a gap—until you have your synapses spread so wide apart that you get a jumping of the thing. At that point a certain maximal pain stimulation is necessary in order for the person to sense the pain (Erickson, 1985, p. 26).

General Principles for Alleviating Persistent Pain

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Therapy for persistent pain states must be elastic and must conform to the understandings and needs of the patient and the patient's relatives. Often it must also fit into the needs

and understandings of prior medical and surgical attendants in whom the patient has continued faith. It is best judgment to listen carefully to what the patient thinks can be done and what he or she expects the hypnotherapist to use as an approach to the problem. The patient is often in a hypnoidal state during the first moments of interview and may have insights of utmost value to impart. If the therapist can weather the initial critical interview and can have free rein, these are the general steps which have proven helpful:

1. Be sure the patient is unconsciously willing to be helped.
2. Discover when and what caused the illness or pain to be important in the very beginning [through ideomotor signaling]. This may relate to the distress of another person rather than to a personal experience with pain.
3. Determine the first moment at which the patient experienced the pain. Discover whether the patient was awake or asleep at the time. (*Sleep* means either natural sleep or a period of unconsciousness as from chemo-anesthesia.)
4. Discover what reinforced the importance of that initial pain. This may have been the statement of a doctor or the consternation of relatives at the time of initial illness or injury.
5. Ask if the patient now, at the time of interview, believes cure is possible. Orient tc the moment when this conclusion was drawn, regardless of the answer. Points of origin are significant whether optimistic or pessimistic.
6. Have the patient turn off all pain *at an unconscious level* and have a yes finger lift when this has been accomplished. Ask for a verbal report when it is *known consciously* that all pain is gone.
7. Ask the patient to turn the pain back on again but to make it twice as strong as it was at first. The patient may balk at this until it is made clear that the pain will again be turned off, and that it is helpful to know how to turn pain off by first learning how to turn it on. (Prior experience with uncontrolled fear of uncontrolled pain, a fear of the unknown.)
8. As soon as the patient has developed confidence in being able to turn the pain on and off, it is helpful to have him select a cue word or thought which will automatically turn off the pain. This is rehearsed several times in the office, but the patient is told to avoid trying it on his own until the instructor knows it is going to be successful. (There are several implications to this bit of instruction. Most important is the implied confidence that such a day will come. Next in importance is the warning that simple experiences in the office setting do not indicate that the task is now finished.)
9. A pseudo-orientation into the future is requested and the patient is asked to have the yes finger lift when he is forward to the time when there is good health and total freedom from pain. (Refusal to select a time may indicate discouragement or resistance which have not previously been apparent. Acceptance of a date commitment reinforces the other placebo elements of optimistic hope.)
10. Train the patient carefully with autohypnosis induction and simple use of brief periods for complete relaxation. This should be restricted to three minutes, at the most, from onset of a medium trance to the moment when the eyes feel like opening. The author insists that the patient stick to the time limits rather than drifting off into natural sleep or prolonged reverie. If too much time is lost during these exercises, the patient will tend to discredit results and will give up the rehearsals as a needless waste of time. The two- or three-minute exercises should be repeated after each meal and at bed time, four times a day. This is no more time than might be taken in smoking five cigarettes during the day.

It may suffice to make office appointments for one hour once a week if the patient is first seen

during an interval of relative comfort. If the patient is in severe pain, the author usually arranges for admission to the hospital for a period of two or three days. This separates the patient from unrecognized triggering stimuli at home, permits more than one visit a day if necessary, and allows use of pain-relieving drugs to augment effects of suggestion.

Religious Imagery of Universal Healing for Ego-Strengthening and Pain

M. Erik Wright, M.D., Ph.D.

INTRODUCTION

It is commonly believed that anger, resentment and guilt take up a great deal of energy and may inhibit healing, as well as causing emotional turmoil. In fact, some research (Pennebaker, Kiecolt-Glaser, & Glaser, 1988) implies that releasing such feelings may produce both immediate and long-lasting effects on immune function.

In Wright's technique, you may also use ideomotor signals to have patients indicate when they feel they can forgive themselves. They may be asked to identify specific individuals they need to forgive, and to work inwardly on forgiving them and even praying for them, giving a signal when they feel they have let go of their negative feelings and resentments toward the person. It may then be suggested that they visualize the empty spaces where the guilt and resentment were, and imagine them being filled with love. It may be further suggested that they sense and feel the energy, which was wrapped up in keeping the resentment and guilt inside, being released and becoming available for healing. (*Ed.*)

SUGGESTIONS

There is a deep universal healing spirit within you and in the world that you can draw upon for healing and for relief from pain . . . You must let yourself come closer to its essential meaning . . . Forgiveness and love are parts of this universal healing spirit . . . that release the inner tensions . . . free your body and your spirit from pain . . . Let your thoughts focus upon your feelings of forgiveness and love . . . Forgiving yourself . . . forgiving others . . . releasing the stresses within yourself that generate tension through anger, hatred, resentment . . . And as the spirit of forgiveness grows within you . . . these tensions are released . . . opening up the healing life forces . . . permitting you to connect with the love of others and love of self . . . and love of God . . . As you open up to this healing love . . . the awareness of the pain becomes distant . . . moving further and further away . . . diminishing in importance and in consequence . . . as the healing love flows through you. . . .

COMMENTARY. Those who identify themselves with a particular religious group may invoke significant hypnotherapeutic images associated with their deep religious convictions. The client is encouraged to activate religious imagery that will evoke the most intense religious involvement, including religious ecstasy, with a consequent distancing from the ongoing pain experience. The procedures may not only emphasize relief from pain but also may provide considerable religious solace for the individual.

The "Sympathetic Ear" Technique with Chronic Pain

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INTRODUCTION

Comprehensive approaches to the management of chronic pain attempt to reduce psychological rewards for pain behavior, of which secondary gains are a part. Commonly used methods include environmental manipulation in an inpatient setting, marital and family

therapy to reduce interpersonal rewards for pain behavior in important relationships, formal instruction in alternate coping skills, and insight-oriented psychotherapy.

When a clinician is presented with an unrestricted invitation from a patient to treat pain by whatever means are necessary, the clinician often will opt for some combination of the above methods to deal with the operant aspects of pain; hypnosis might be used to directly reduce the intensity of the pain or to promote relaxation. However, the patient specifically requesting hypnotherapy of pain may be open to hypnosis, yet be relatively resistant to the introduction of other management approaches, particularly if they appear to be costly or to require the involvement of other individuals.

The seeker of self-hypnosis may be seeking *individual* mastery of the situation, through a mutative technique or experience, rather than seeking a program which requires ongoing submission to environmental manipulation suggested by another person. With patients who have settled upon hypnosis as their treatment of choice for psychological or ideological reasons, it may be useful for the therapist to use hypnosis itself to promote a cognitive restructuring that may mitigate the effect of secondary gain in sustaining pain behavior. Following such a restructuring, the patient may initiate a discussion of secondary gain with the therapist, eliminating the need for the therapist to confront the patient, possibly intensifying resistance or even leading to a defection from treatment.

Once the issue of secondary gain can be comfortably discussed directly, the therapist has the option of blending hypnosis with individual psychotherapy . . ., or making use of behavioral or family therapy techniques to directly reduce the operant reinforcers of the patient's pain behavior.

THE "SYMPATHETIC LISTENER" SELF-HYPNOTIC ASSIGNMENT

[Following hypnotic induction and deepening] Imagine a sympathetic listener, a sympathetic ear. The ear is eager to hear whatever you have to say—thoughts, feelings, complaints, ideas. . . . It wants to listen, and listens with perfect attention, without fatigue or judgment. Tell the ear all that concerns you now. . . . Each day take time to put yourself in a trance and talk to the sympathetic ear. As you talk to the sympathetic ear, you feel your concerns are fully and completely heard.

Reactivation of Pain-Free Memories: An Example of Intensifying and Relieving Pain

M. Erik Wright, M.D., Ph.D.

INTRODUCTION

Another approach to pain control is based on the following premises: People typically retain memories of a pain-free period in their lives, with its concomitant physical and emotional feelings of well being. A persistent pain experience, however, can submerge these memories. The psychotherapeutic premise is that clients who can recall these and intensify their chronic pain can also learn to diminish that pain perception, even to the point of eliminating it. The imagery invoked during hypnotic trance is based on this premise. The therapeutic process can proceed along the following lines.

ILLUSTRATIVE SUGGESTIONS

Therapist: You are familiar with your own signal for entering trance . . . So give yourself your signal to relax . . . to let yourself go all over . . . to feel yourself becoming light and free . . . Take the time you need to bring about a most comfortable feeling of calm and quietness within yourself . . . of the freeing up within yourself of muscle tension and inner tension . . . Raise your right index finger when you have reached that point . . . [The client does so shortly.] Fine. . . .

From what you have told me . . . you know that there was a time in your life when you felt well—physically, emotionally, and in every other way . . . when you knew what it meant to feel glad to be alive . . . when your body functioned easily and freely . . . [The therapist seeks permission to proceed:] Let's check with the inner part of your mind to see if it will be okay to go back to that time . . . to let the awareness of what it felt like to feel well return to you . . . Would the inner part of the mind use the finger signals in the way it has used them in the past? [The client lifts finger.] The "yes" finger went up slowly but definitely and remained up . . . Okay. . . .

[The therapist invites age retrogression in recalling wellness:] Drift yourself back through time to before the pain was part of your life . . . before the pain was in the picture . . . [Observer-participant dissociation is suggested:] Let part of you continue to remain with me in the here and now, while the other part of you goes back in time . . . Going back . . . going back . . . going back . . . When you are at that good time . . . let me know by your right index finger . . . [The therapist encourages elaboration of the feeling of well being:] Describe yourself . . . Tell how you feel in each part of your body . . . how it feels to feel good . . . Enjoy every moment of this feeling of well being . . . Let every cell of the body restore the awareness of this capacity to feel well, which is part of that cell but which has been submerged by stress feelings . . . This feeling is still a part of you . . . Nourish it . . . bring in colors . . . sounds . . . or any other sensations you wish to strengthen that feeling . . . Let yourself feel very comfortable . . . Now count from one to five slowly . . . and let all the psychological time take place that will revive these feelings of well being strongly in your mind . . . signal when you reach the count of five . . . [Soon the client signals.]

[The therapist seeks permission for the pain experience:] Is the inner part of your mind ready to move up in time to the beginning of a typical pain episode? . . . [The client responds with the finger signal.] The "yes" finger says it is okay . . . [The therapist reassures the client:] No matter how intense the pain may become . . . you will be able to manage it . . . Observe what images are in your mind as the pain begins . . . Tell me what you are thinking of . . . what you are feeling . . . [Pain intensification is suggested:] Let this pain become stronger and more intense . . . Feel it in all its typical ways . . . Let the part that is with me in the here and now describe it, while the part that is going through the pain episode feels it in all its usual intensity . . . If you wish, now make that even more stressful than the usual experience . . . This is a bad episode . . . [Pain moderation begins:] When you have the full awareness of pain . . . start the turnoff . . . [Pain is supplanted with well being:] Let the inner well being flow into your body and clear out the pain sensations . . . quietness, calmness, the muscles letting go . . . turning off the pain . . . leaving it in the past . . . the images of relief filling you. . . .

[Posthypnotic suggestions are offered:] The conscious part of your mind and the inner part of your mind will remember the importance of what has just taken place . . . Not only were you able to permit the pain to flow into your body in its very typical way, but you were also able to clear the body of this pain, to have relief replace it and the well being feeling come back . . . [Homework is suggested:] This is an exercise that you will practice in between the pain episodes . . . Your skill at shutting off pain will increase . . . and then you will find yourself shutting off pain right in the early stages of your pain episodes . . . You will bring the pain into limits of feasibility that permit you to go on with your life . . . You can turn it off more and more as you gain confidence, and your life will expand once again. . . .

CONCLUDING COMMENTARY

In the reactivation model illustrated above, three phases are evident: the reactivation of pain-free memories, the reactivation and intensification of the chronic pain, and then the quieting of the pain experience.

Chronic Pain Syndrome

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It is important, first, to help newly referred chronic pain patients to understand why they have been referred by a physician who determined that conventional medical treatment resources have been exhausted. In fact, the patient has often been told, "There is nothing more I can do for you; you have to learn to live with the pain." Although it is not meant to be so, this is often a negative suggestion.

I let patients know that I believe they are in pain, that they feel the pain, and that they are not seeing me because they are crazy or imagining things. But, I indicate that I am here to help them to change this pain pattern and that pain is a behavior like all other sorts of behaviors, and that we learn behaviors that are both productive and non-productive. Pain is sometimes a productive behavior when it protects us, but when it is reinforced and perpetuated by negative emotions such as anxiety and fear, it becomes self-perpetuating. Pain produces negative emotions. Negative emotions produce tension, and tension produces more pain. I also indicate that there is within the unconscious mind an established program of pain, which is reinforced by many things (primary and secondary gain), and this memory of pain adds to the perceived pain.

One of the first things that I do is to have patients produce a glove anesthesia and help them understand that they are really doing this, not I. They have produced this analgesic effect in their hand. This, of course, can be transferred to the affected areas. Other useful pain metaphors and suggestions follow.

SUGGESTIONS REINTERPRETING PAIN SENSATIONS

"You will experience other sensations that are more acceptable than pain, perhaps a gentle coolness or warmth, a lightness or heaviness, tingling, even numbness, or any combination of these that are more acceptable to you." [See the section on cancer patients below for further suggestions about reinterpreting sensations.]

GATE CONTROL THEORY METAPHOR

"The more sensations that your unconscious mind has options to produce, the more likely these other sensations are to occur. Your unconscious mind can relax all the nerve and muscle fibers in the area of your body where there is tension or pain. It can also interrupt the pathways which travel from the site of the injury, to the spinal cord, up the back of the spinal cord, through the brain stem and into the pain reception area. There are many, many gates which these pain impulses must pass through, and your unconscious mind can close many of these gates, reducing the number of nerve impulses that will finally reach the pain reception area, and so, you simply will be aware of less pain."

CONTROL SWITCH VISUALIZATION

"Your unconscious mind can also help you visualize this pain reception area, perhaps as a compartment or a lighted room. When there is a lot of pain being reported there, the light can be very, very bright; but you have a rheostat, a dimmer switch, which you can turn down. As you turn the light down, dimmer and dimmer, you will experience less and less pain. Perhaps you will even want to rate it on a scale of 1 to 10, with 10 being the most pain that you would ever be in. And the number that you feel will be the number you can see in your mind and in this pain reception area. If you feel an 8, you will see an 8. So the number you feel is the number you see, and the number you see is the number you feel. So see the number 7, and the number 6. As you lower the numbers, you will lower the pain. Remember the number you feel is the number you see, the number you see is the number you feel."

TIME DISTORTION

"Your unconscious mind can also distort time. You can tell your unconscious mind that the time that you feel pain will be perceived as the shortest amount of time. Perhaps an hour can even be like a minute, and the time of comfort can be much longer. So, whenever you do feel pain, you know that it will be over a very short period of time."

DISSOCIATION OF PAIN

"Also, if you like, you can leave the pain here and you can go somewhere else. You can leave your pain here, and go somewhere else where you are comfortable, and you can stay there for any amount of time that you would like. And, while you are gone, nothing will strengthen your pain; and so perhaps it will grow weaker and weaker, and by the time you return, there will be very little, if any, pain left at all."

COMPUTER PROGRAMMING METAPHOR

The computer metaphor of programming out all pain-related behaviors and programming in all comfort and control-related behaviors is a useful one. All the behavior that the patient associates with pain will be programmed out, and all behaviors that the patient associates with being comfortable and in control, both physically and emotionally, will be programmed in. A very good posthypnotic cue can also be used to reinforce this so that while the patient is in a normal waking state he may use a cue such as touching his right ear, which tells his unconscious mind to program in that positive comfortable behavior. If the situation he is in produces pain, tension or discomfort, he can touch his left shoulder, which is the unconscious cue for the unconscious mind to remember to program that behavior out. The exception to this, of course, is to always remind the patient that the unconscious mind will allow him to have pain that will keep him safe from injury, or that might prove beneficial for medical diagnosis. My emphasis with all of these pain patients is to emphasize and reinforce the fact that they are gaining more and more control of the pain, and that the pain is less and less in control of them.

HEADACHE PAIN

I use more relaxation of the nerve and muscle fibers in the area of the pain for tension headaches, and have found cooling the head and warming the hands useful for migraine headache pain. To help patients learn this feeling of cooling the head and warming the hands, I tell them to actually put themselves in that situation, to imagine putting ice packs around the head, and to place their hands in warm water and memorize the sensations. Self-hypnosis will thereby enable them to reproduce this at another time.

SUGGESTIONS WITH CANCER PATIENTS

Many of the same pain strategies apply with pain patients. However, for coping with the side effects of chemotherapy or radiotherapy, I suggest that the unconscious mind will potentiate the therapeutic effects of all treatment and minimize the adverse side effects. It is suggested that, in fact, "you can experience any number of different sensations instead of nausea or pain. A feeling of tingling, which often accompanies nausea, is one that you can focus on, and you will experience more tingling than nausea."

Some other very specific posthypnotic suggestions are also helpful. First, an environmental cue is established, for example, that when the patient enters the hospital or the treatment room or smells a particular odor, that will produce another effect (or several other effects) rather than any uncomfortable effects or sensations. A second very valuable suggestion is to establish a symptom awareness cue that is always present. It is suggested, "If you begin to feel even the slightest effect of an unwanted symptom, whether that be pain or

nausea, that will be a feedback cue to the unconscious mind, to instead produce other behavior, other sensations that are acceptable." This is very important because the symptoms will often be there in one form or another unless all suggestions work perfectly, which they often won't. But, if the symptom occurs, the patient usually expects more of that symptom. It is very valuable when the symptom can be used instead to produce other sensations which are more comfortable.

The third suggestion is for a physical action cue. For example, by touching the forefinger and thumb together or touching the right ear, that will signal the unconscious mind to produce another sensation rather than the unwanted symptom. I tell the patient that this is very much like pushing the play button on a tape recorder so that the tape that you want played will begin to run. The physical action cue is the play button on that recorder.

Hypnotically Elicited Mystical States in Treating Physical and Emotional Pain

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INDICATIONS AND CONTRAINDICATIONS

Sacerdote, expanding on the work of Fogel, Hoffer and Aaronson, provides us with two unique perceptual change techniques for eliciting mystical states. These methods are intended for patients suffering with protracted or recurrent physical pain and with accompanying emotional pain (anxiety, depression). They may hold particular value for patients with severe chronic pain problems, for example, from cancer and migraine. It is recommended that these techniques only be used by highly experienced hypnotherapists, after establishing a trusting rapport with the patient, with patients without severe psychopathology. These methods seem contraindicated, or should at least be used with utmost caution, with borderline or psychotic patients. Elicitation of mystical states will be useful primarily with deep trance subjects and with patients who are judged to have the capacity and security to temporarily suspend reality. Sacerdote primarily used these techniques after having a couple of hypnotic sessions with patients to determine their hypnotic talent and to provide them with experiences in primary process thinking through guided imagery and the use of induced dreams. (*Ed.*)

INTRODUCTION

For the purpose of this paper, mystical states are defined and operationally described as states of ecstasy, rapture, and trance. The experiencing subject finds himself perceptually, emotionally, and cognitively immersed in oceanic, universal feelings; i.e., in direct intuitive or supernatural communion with the universe or with a superior being. Visual (lights, colors, shapes), auditory (music), olfactory, and other sensations are often part of the experience, but the mystical states bypass ordinary sensory perceptions and logical understanding. Therefore, they cannot easily be described in terms of everyday reality. They are, by definition, ineffable—beyond verbal expression. In spite of these "inborn" difficulties of communication, patients usually attempt and partially succeed in giving some ideas of perceptual, emotional, and cognitive experiences which can only be described as mystical.

As this is a clinical paper, no useful purpose would be served by attempting to catalogue hypnotically elicited, mystical experiences along Fischer's (1971) continuum in his interesting "A cartography of the ecstatic and meditative states: The experimental and experiential feature of a perception-hallucination continuum are considered." (Incidentally, this cartography does not include hypnotic states!) Nor would the methods which I am about to describe or my patients' experiences be clarified if I were to spell them out in terms of Zen

Buddhist or other religious or philosophical terminology.

I find it of some use, however, to accept Aaronson's (1971) distinctions between an "introvertive mystical experience" and an "extrovertive mystical experience." The former culminates in the subjective experience of "nothingness"—the absolute void. The latter tends to expand the person's awareness to unlimited, universal experiences. To facilitate introvertive mystical experiences, Aaronson (1971) developed a progression of deepening verbalizations aimed at guiding trained Ss into abandoning identification of the senses, relinquishing ego-identification, and dispensing with usual logical categories of distinction. To achieve extrovertive mystical states, he used techniques aimed at expanding the ego across barriers of space and time.

The techniques which I have evolved and will describe were inspired by the original observations and experiments conducted by Fogel and Hoffer (1962), and by the more recent experiments of Aaronson (1968). In Fogel and Hoffer's experiment, a talented and well trained S was led into deep hypnosis and made to listen to an oscillator with the belief that its speed was constant. When, unknown to her, the speed was progressively increased, S became progressively more manic. When the speed was gradually decreased, depression set in, until, at speeds near zero, she retreated into a catatonic state. This experiment suggested that a person's behavior, mood, emotion, and cognition can be altered very radically through basic manipulations of the dimensions of time.

Aaronson (1968) gave to his trained, deep hypnotic Ss various posthypnotic suggestions. For instance, posthypnotic suggestions of a "restricted present" generally produced evidence of depression; suggestions of total absence of the present elicited a schizophrenic-like catatonic state. On the other hand, posthypnotic suggestions of "expanded" time—especially expanded present and expanded future—led his Ss to experiences of supreme serenity, during which the strictures and anxieties connected with passage of time disappeared. Similar suggestions involving "restriction" or "elimination" or "expansion" of space elicited comparable alterations of perception, emotion, mood, and cognition. These changes were dramatically illustrated by one S through drawings and paintings of the same scene, seen under different posthypnotically suggested time conditions or space conditions.

I have found it feasible to apply the above observations to the clinical area. The patient's conscious and subconscious needs, as well as our own understanding of such needs and our ability to follow and to guide him, determine the results: a schizophrenic-like experience, or a "conversion" occurrence, or a mystical state. For instance, an excellent S and superb student became belligerently paranoiac when she emerged from hypnosis; the opening of her eyes was the cue for the posthypnotic suggestion that, "upon coming out of hypnosis, distances would seem very short, people and objects would be close, clear, and distinct." Upon opening her eyes to this radically changed space, she had felt terribly closed-in and threatened. The same student was given the posthypnotic suggestion that, upon opening her eyes, she would find herself in a gently expanding space, with people and objects shining in marvelous luminosity. Upon emerging from hypnosis, she seemed to radiate ethereal serenity. She later described her experience as soothingly unreal, ineffable, without end or beginning, a wonderful universe without problems.

SUGGESTIVE VERBALIZATIONS

I will give some of the verbalizations which I currently utilize. It should be kept in mind that these are modifiable according to the patient's capabilities, needs, responses, and degree of hypnotic talent and training. Transference and countertransference obviously play an important role.

INTROVERTIVE MYSTICAL EXPERIENCES. Usually the patient has been previously induced to a medium level of hypnosis by my method of "reversed hand levitation," which is based largely on concentrated attention with detachment.

The reversed hand levitation has generally the advantage, when compared with traditional levitation, of implicitly suggesting relaxation, deepening, and "letting go" (Sacerdote, 1970).

The patient who has responded well to previous inductions will already be able to experience dissociative phenomena and deep relaxation. When there is evidence for both, I repeatedly, patiently, and monotonously suggest:

Now, as every word travels from my lips to your ears to reach your brain, your body progressively enjoys more and more complete relaxation in every muscle and cell; and your mind delights in calm, clear, peaceful serenity. . . . You are now surrounded by a soothing atmosphere of absolute calmness . . ., protected from danger, disturbance, and fear. And while relaxation and peaceful serenity penetrate deeper and deeper to every cell of your body, we are safely surrounded in every direction by wider and wider transparent, concentric spheres of luminous serenity, of cheerful calmness . . . [The transparency which I explicitly mention communicates to the patient that he can see and be seen; that he is not emotionally isolated.] You are safely bathing and comfortably breathing in the center of these transparent spheres, while luminous calmness all around you penetrates even more deeply within your body and permeates your mind. . . . All voluntary and involuntary reactions and responses gradually fade and disappear. . . . Little by little, you become free of fears, of anxieties, of thinking, of feeling.

EXTROVERTIVE MYSTICAL EXPERIENCES. The patient who has similarly been led to a state of increasing dissociation and body relaxation is first guided by me through an imaginary climb to the top of a symbolic mountain:

Now finally you are at the top and you are able to look towards the sunny side of the mountain. . . . You notice the blue of the sky and the brightness of the sun. You enjoy the warmth of the sunshine on your shoulders and your back, on your arms and hands, on your legs and feet. You breathe in slowly and deeply the clean, pure, cool air. . . . In front of your eyes under the quiet blue sky you see the beautiful green valley; and beyond the valley a picturesque chain of mountains . . . and beyond that first chain, you distinguish another valley; and beyond it another chain of mountains . . . and then beyond, more and more valleys and more and more mountains and plains, and rivers, and lakes and oceans extending and expanding further and further out in every direction to receding horizons. . . . As the view continues to expand, your ears rejoice in the natural music of the wind, the rustling of grasses and leaves and tree branches, the singing of birds, the chirping of crickets, the tolling of bells; your nostrils smell all the fragrances of the trees, and the grasses, and the flowers . . . and your eyes watch in wonderment the continuously "expanding" view of the expanding future. . . .

WHY AND HOW SHOULD MYSTICAL STATES HELP TO RELIEVE PAIN?

The idea of eliciting extrovertive mystical states came to me while I was dealing with advanced cancer patients; they were raked with pain, beyond the reach of any further palliative treatment. I was familiar with the effects that the perception of expanded present, expanded future, and expanded space could have on the mood and reality perceptions of normal individuals. It seemed worthwhile to see if patients in pain, guided into symbolic, multisensory imagery, could be led to experience perceptions of expanding time and space. Such experiences might "free" them from the limits of time, from the restrictions of activity; death itself could become merely the completion of life, rather than an event to be feared. In the expanded present and future, people and objects could appear to the patients as bathed in luminous reflections. Synesthesias of colors, music, and fragrances would further distance them from the "reality" of pain, desperate illness, dependency, and depression. Mystical states could enable the patient to deal in entirely new ways with problems of guilt and punishment, of life and death. They might also encourage him to come to terms with these problems on a philosophical or theological basis.

The other approach, leading to "introvertive" mystical experiences, is based upon progressively deeper states of muscular relaxation and increasing psychological calm and serenity. The gradual restrictions of perceptions and re-

sponses suggested to the patient are also symbolized for him with the image of his body fully relaxed at the quiet center of concentric, luminous, serene spheres of wider and wider radius. Thus, a kind of sensory and emotional isolation is established which, in itself, can facilitate psychological and physiological dissociation of the loci of pathology from the thalamic and cortical centers of pain perception.

Active Control Strategy for Group Hypnotherapy with Chronic Pain

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INTRODUCTION

The following strategies and suggestions were used in a group hypnotherapy treatment format for working with chronic pain patients. Although only five subjects were used, the treatment was successful in reducing pain levels. (*Ed.*)

PRODUCTION OF PLEASANT, RELAXING IMAGES AND FANTASIES

Patients were encouraged to produce images of relaxation and comfort and to share these with the group. The responses frequently involved simple images of scenes which the patients reported when encouraged by the therapists and other group members. In contrast with traditional relaxation procedures which impose a technique on the patient, the therapists strove to employ the utilization methods described by Erickson (1959) which emphasize starting where the patient is and gaining gradual control over the symptom to demonstrate that change is possible.

Patients were given the following suggestions following the hypnotic induction:

Allow yourselves to imagine a scene of comfort and relaxation. A place where you can feel really secure and peaceful. You may see yourself alone or with another person or in a familiar or unfamiliar place. Let the scene present itself to you and allow yourself to see, smell, hear, touch, or taste anything of special interest to you. After a time, as you continue to experience your special place, with your eyes remaining closed, we will ask you to describe your scene to the rest of the group. You will retain a clear image of your special scene and will be able to recall it with ease anytime you like, especially when you begin to experience the onset of any pain. . . .

ENCOURAGEMENT OF IMAGES AND FANTASIES THAT EMPHASIZE CHOICE AND ALTERNATIVES

As a common feeling elicited from the chronic pain patients in the group was that of being "locked in" and overwhelmed by the pain, the use of a technique that emphasized choices and alternatives seemed important. Thus, patients were encouraged to have a dream while in trance of two roads, one leading to health, the other to sickness and disability. They were asked to image both roads, to describe them, to image choosing the road to health and what that entailed. Patients were given the following suggestion:

You are able to experience yourself at an intersection and can clearly see two paths leading from familiar to unfamiliar terrain. You know that both of these paths are meant for your steps alone. One of these paths is a *healthy* path and contains clues and directions for your recovery. While on this path some of you may experience a particular image or vision which is a clue to your healing and recovery. Allow yourself to be open to such an image. The other path is a *sickness* path and has sights and signs of the future should you choose this direction. Allow yourself to ask questions of any one you meet along both of these paths. After a time, we will ask each of you to share your journey with the rest of the group.

Frequently the "healthy path" generated images of people, activity, and interesting sights and sounds. The "sickness path" was usually dark, dreary, and isolated. While in trance, patients were encouraged to attend to the characteristic features of the healthy road as a way of obtaining cues for restoration—including people or activities they may have forgotten or neglected during their illness.

DETERMINATION OF SIGNALS OR CUES ASSOCIATED WITH ONSET OF SEVERE PAIN

Patients were encouraged to recall, while in trance, the feelings and thoughts associated with pain onset and disability behaviors. For one, it was a feeling of cramping and burning in the back; for another, it was a dull throbbing in the head. Patients were given the suggestion that such signals could be reinterpreted as reminders or cues for use of a coping strategy, e.g., pleasant imaging, deep breathing, muscle relaxation, instead of producing the usual cycle of self-depreciatory thought patterns and disability behaviors. Thus an effort was made to establish novel signal values for pain stimuli. Patients were given the following suggestion:

> You are starting to experience an episode of pain. Be very attentive to any beginning clues that pain is coming. Some of you may feel a burning, others may feel cold, others a throbbing sensation. Imagine that your pain clues are changing to interesting, even pleasant, sensations. The burning becomes the warmth from a comforting fire; the cold becomes a refreshing breeze on a hot summer's day; the throbbing slows as your breathing becomes slow and regular and you imagine the ocean waves gently ebbing, and flowing on the shore. Now, as you become more comfortable and relaxed, no longer concerned with your pain, you have time to use any of the approaches you have learned in the group. You may wish to enjoy your special scene or allow your image of healing to do its work. Others may just want to enjoy deep regular breathing and deeper and deeper levels of relaxation and comfort. Take your time and enjoy the experience. You will be able to clearly recall this exercise and use it regularly whenever you notice any beginning clues of pain.

ENCOURAGEMENT OF PRACTICE AND ACTIVE EMPLOYMENT OF COPING STRATEGIES

In addition to incorporation in the patient's schedule of a time period each day for relaxing and enjoying pleasant images following self-induction of an hypnotic trance state, patients were encouraged to make active use of coping strategies during periods of pain or when they needed an extra boost to accomplish a difficult task. They were encouraged to view novel or difficult tasks, e.g., a new exercise-activity program or taking a plane trip, in a stepwise fashion and to use trance-induced coping strategies and images as means of simplifying complex tasks and reinforcing successful performance of each step. Although the approach described here is structurally very similar to techniques developed by self-control theorists and cognitive behavior modifiers (Meichenbaum, 1971; Turk, 1980), the emphasis on assisting the patient via the hypnotic environment to discover appropriate coping strategies is different. For example, "Imagine walking down the healthy path as you begin to walk the mile of prescribed exercise." "Focus on the pleasant and interesting sensation of air rushing past your limbs as you stand up, leave the house, and take your daily walk." Indeed, the patient actively participates in finding his own solutions.

Pain Strategies by Hypnotizability Level

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Instructions for pain control differ depending upon the hypnotizability of the subject. High hypnotizables are given instructions to use self-hypnosis to simply make the painful or affected area numb, or to imagine themselves

floating above their body or even getting up and walking to another room while they are in pain.

Mid-range subjects are instructed to experiment with changing temperature of the affected body part, making it warm or cold by imagining that they are in a warm bath or rolling in snow, for example. Or, they may imagine that they are in the dentist's office receiving a shot of novocaine and that this numbness which they first experienced in the mouth can now be spread with their hand to the affected part of the body.

Low hypnotizable subjects are encouraged to use distraction techniques, focusing on competing sensations elsewhere in their body, for example, rubbing their fingertips together. All of these use the hypnotic state to focus on some competing sensation or image which involves teaching them to filter the hurt out of the pain rather than fighting the pain, at the same time producing a sense of floating relaxation.

Reinterpreting Pain as Protection

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[Various metaphors may be used with a patient in hypnosis to reinterpret pain as a protective mechanism rather than a debilitating one. The following metaphor is used while the patient is in hypnosis].

When you drive a car and it overheats, a red light signal goes on the dashboard . . . that signal tells you to pull the car over . . . to check the fan belt, the water pump, or radiator . . . because you know that if you continue to drive the car when it is hot, you can damage the motor. It is good to know that your car has a protective signal so that you know when to . . . cool it down . . . to avoid further damage. Think of your body as your car . . . that gets you through a lifetime . . . and it is good to know . . . that you have all the protection you need . . . that if your red light goes on . . . you can cool it down.

Splinting Technique for Pain Control

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INDICATION

This technique is used to protect patients with chronic pain from overexerting or hurting themselves. It follows techniques given for pain control with patients who have chronic musculoskeletal disorders. These suggestions are used when the patient is in hypnosis.

SUGGESTIONS

Your unconscious mind has a sacred trust to protect your body. It knows the capacity of every cell, every organ, every system . . . and it will protect you by causing you to turn and twist or bend only within your physical capacity . . . and not beyond . . . so that when you attain comfort . . . you can move and keep that comfort for longer periods of time. As your body becomes stronger, your mind will then allow you to turn, twist, and bend to a greater degree . . . but only within those limits . . . so that when you gain comfort, you need not fear reinjuring yourself. Should you have any discomfort, it is merely your body protecting you . . . by giving you a signal that you have gone beyond those limits.

Erickson's Interspersal Technique for Pain

Particularly in cases of resistance and when he did not know a patient well, Milton Erickson would "seed" ideas through interspersing words

or phrases within the context of a story or discussion. These embedded suggestions were typically set off by the use of a slightly different voice tone or a very brief pause.

Erickson (1966) masterfully used embedded suggestions in treating the cancer pain of a patient named "Joe." Joe was a retired farmer who had turned florist. Facial cancer had resulted in the loss of much of his face and neck due to surgery, ulceration, maceration and necrosis. He experienced intolerable pain for which medications were not very effective. A relative was urgently requesting that hypnosis be used, but Joe disliked even the mention of the word hypnosis. The patient was unable to speak and could only communicate through writing. We will now pick up on Erickson's account.

Despite the author's unfavorable view of possibilities there was one thing of which he could be confident. He could keep his doubts to himself and he could let Joe know by manner, tone of voice, by everything said that the author was genuinely interested in him, was genuinely desirous of helping him. . . . The author began:

Joe, I would like to talk to you. I know you are a florist, that you grow flowers, and I grew up on a farm in Wisconsin and I liked growing flowers. I still do. So I would like to have you take a seat in that easy chair as I talk to you. I'm going to say a lot of things to you, but it won't be about flowers because you know more than I do about flowers. *That isn't what you want.* [The reader will note that italics will be used to denote interspersed hypnotic suggestions which may be syllables, words, phrases, or sentences uttered with a slightly different intonation.] Now as I talk, and I can do so *comfortably*, I wish that you will *listen to me comfortably* as I talk about a tomato plant. That is an odd thing to talk about. It makes one *curious. Why talk about a tomato plant*? One puts a tomato seed in the ground. One can *feel hope* that it will grow into a tomato plant that *will bring satisfaction* by the fruit it has. The seed soaks up water, *not very much difficulty* in doing that because of the rains that *bring peace and comfort* and the joy of growing to flowers and tomatoes. That little seed, Joe, slowly swells, sends out a little rootlet with cilia on it. Now you may not know what cilia are, but cilia are *things that work* to help the tomato seek grow, to push up above the ground as a sprouting plant, and *you can listen to me, Joe*, so I will keep on talking and *you can keep on listening, wondering, just wondering what you can really learn*, and here is your pencil and your pad, but speaking of the tomato plant, it grows so slowly. *You cannot see* it grow, *you cannot hear* it grow [suggestions for negative hallucinations], but grow it does—the first little leaflike things on the stalk, the fine little hairs on the stem, those hairs are on the leaves, too, like the cilia on the roots, they must make the tomato plant *feel very good, very comfortable* if you can think of a plant as feeling, and then *you can't see* it growing, *you can't feel* it growing, but another leaf appears on that little tomato stalk and then another. Maybe, and this is talking like a child, maybe the tomato plant does *feel comfortable and peaceful* as it grows. Each day it grows and grows and grows, *it's so comfortable, Joe*, to watch a plant grow and *not see* its growth, *not feel* it, but just know that *all is getting better* for that little tomato plant that is adding yet another leaf and still another and a branch, and it is *growing comfortably* in all directions. [Much of the above by this time had been *repeated many times*, sometimes just phrases, sometimes sentences. Care was taken to vary the wording and also to repeat the hypnotic suggestions. Quite some time after the author had begun, Joe's wife came tiptoeing into the room carrying a sheet of paper on which was written the question, "When are you going to start the hypnosis?" The author failed to cooperate with her by looking at the paper and it was necessary for her to thrust the sheet of paper in front of the author and therefore in front of Joe. The author was continuing his description of the tomato plant uninterruptedly, and Joe's wife, as she looked at Joe, saw that he was not seeing her, did not know that she was there, that he was in a somnambulistic trance. She withdrew at once]. And soon the tomato plant will have a bud form somewhere, on one branch or another, but it makes no difference because all the branches, the whole tomato plant will soon have those nice little buds—I wonder if the tomato plant can, *Joe, feel really feel a kind of comfort*. You know, Joe, a plant is a wonderful thing, and *it is so nice, so pleasing* just to be able to think about a plant as if it were a man. Would such a plant *have nice feelings, a sense of comfort* as the tiny little tomatoes begin to form, so tiny, yet so *full of promise to give you the desire to eat* a luscious tomato, sun-ripened, it's so *nice to have food in one's stomach*, that wonderful feeling a child, a thirsty child, has and can *want a drink, Joe*, is that the way

the tomato plant feels when the rain falls and washes everything so that *all feels well.* [Pause.] *You know, Joe*, a tomato plant just flourishes each day *just a day at a time.* I like to think the tomato plant can*know the fullness of comfort each day. You know, Joe, just one day at a time* for the tomato plant. That's the way for all tomato plants. [Joe suddenly came out of the trance, appeared disoriented, hopped upon the bed, and waved his arms; his behavior was highly suggestive of the sudden surges of toxicity one sees in patients who have reacted unfavorably to barbiturates. Joe did not seem to hear or see the author until he hopped off the bed and walked toward the author. A firm grip was taken on Joe's arm and then immediately loosened. The nurse was summoned. She mopped perspiration from his forehead, changed his surgical dressings, and gave him, by tube, some ice water. Joe then let the author lead him back to his chair. After a pretense by the author of being curious about Joe's forearm, Joe seized his pencil and paper and wrote, "Talk, talk."] Oh, yes, Joe, I grew up on a farm, I think a tomato seed is a wonderful thing; *think, Joe, think* in that little seed there does *sleep so restfully, so comfortably* a beautiful plant yet to be grown that will bear such interesting leaves and branches. The leaves, the branches look so beautiful, that beautiful rich color, *you can really feel happy* looking at a tomato seed, thinking about the wonderful plant it contains *asleep, resting, comfortable, Joe.* I'm soon going to leave for lunch and I'll be back and I will talk some more. (pp. 205-206)

Erickson (1966) indicated that despite his "absurdly amateurish rhapsody" about a tomato plant that Joe had an intense desire for comfort and to be free from pain. This meant that Joe "would have a compelling need to try to find something of value to him in the author's babbling" (p. 207) which could be received without his realizing it. "Nor was the reinduction of the trance difficult, achieved by two brief phrases, 'think, Joe, think' and 'sleep so restfully, so comfortably' imbedded in a rather meaningless sequence of ideas" (p. 207). Joe was impatient and anxious to resume the talk after lunch. "When it was suggested that he cease walking around and sit in the chair used earlier, he did so readily and looked expectantly at the author.

You know, Joe, I could talk to you some more about the tomato plant and if I did you would probably go to sleep, in fact, *a good sound sleep.* [This opening statement has every earmark of being no more than a casual commonplace utterance. If the patient responds hypnotically, as Joe promptly did, all is well. If the patient does not respond, all you have said was just a commonplace remark, not at all noteworthy. Had Joe not gone into a trance immediately, there could have been a variation such as: "But instead, let's talk about the tomato flower. You have seen movies of flowers *slowly, slowly* opening, giving one *a sense of peace, a sense of comfort* as you watch the unfolding. So beautiful, *so restful* to watch. One can *feel such infinite comfort* watching such a movie."] (p. 207)

Joe's response was excellent and during the following month he gained weight and strength. Only rarely did he experience enough pain to need aspirin or demerol. A month later, Erickson visited again and after much casual conversation, "Finally the measure was employed of reminiscing about 'our visit last October.' Joe did not realize how easily this visit could be pleasantly vivified for him by such a simple statement as, 'I talked about a tomato plant then, and it almost seems as if I could be *talking about a tomato plant right now. It is so enjoyable to talk about a seed, a plant*'" (p. 208). As a result of these two extended sessions, Joe lived comfortably until his death over three months after the first contact.

One would be incorrect to assume that Erickson's primary therapeutic method was the use of interspersed suggestions within metaphors. Close long-term colleagues have estimated that not more than 20% of Erickson's work consisted of the use of metaphors (Hammond, 1984, 1988b). Erickson flexibly used both very direct and very indirect suggestions, depending on the clinical situation. However, the clinician should be aware that the patient's unconscious mind has the capacity to perceive meaningful suggestions offered in seemingly casual conversation or metaphoric stories. Metaphoric communication offers us one more avenue for therapeutic intervention.

The Setting Sun Pain Metaphor

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[This metaphor is particularly indicated when the patient has described the pain as a flaming red sphere.]

See yourself sitting on a tropical beach at sunset. Notice the bright red sun as it descends on the far horizon. See the colors begin to change from orange to crimson, and then a deep, dark red-orange. Notice that as the sun approaches the water, there actually seems to be two suns, one in the sky and one in the water. See the sun gradually sink into the ocean. See the colors change from red to purple and then to blue. Notice the magical stillness that pervades everything just at sunset when the ocean is as smooth as glass and sounds seem to travel forever. Enjoy that delicious feeling of tranquility. Realize that that tranquility is available to you whenever you need it, on a moment's notice, merely by giving yourself your own personal signal to relax! Perhaps you might enjoy letting your finger and thumb come together to make a magic "O.K." sign and that can be your signal to experience immediate relaxation whenever you choose to employ it.

Mexican Food: Metaphor of the Body Adapting to Pain

D. Corydon Hammond, Ph.D.
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INDICATIONS

This metaphor and the one that follows were designed for use with chronic pain patients. They were inspired by a metaphor by Milton Erickson (1983, p. 112) where he used a conceptualization that may be useful for patients, despite not being medically sound, of developing a callousness to the pain.

METAPHOR

I remember the first time that I ever ate Mexican food. I ate chili stew at Isleta Indian Pueblo in New Mexico. It contained so much red chili, that the broth of the stew was bright red. My nose started running, my eyes watered, and my mouth kept hurting and kept burning, no matter how much cold water I drank. I couldn't imagine how anyone could eat such hot chili. I was almost unaware of the taste, because the pain was so great.

But I spent the next year and a half living in New Mexico. And I'm not sure exactly when, or how, but my body changed and adapted. Or perhaps in part it was my mind that changed. Because, before long, that sensation of the hot chili in my mouth seemed different. Almost as if somehow, my mouth had developed a callous. Somehow my mouth adapted, so there was no longer pain, and I could just enjoy the taste. I had in a sense become callous to the pain, and yet remained pleasantly sensitive to the delicious flavor of the hot tamales or enchiladas or stew.

And you really should be willing to allow the nerves in the painful part of your body, to adapt, and develop callouses, just as I did in order to eat chili and Mexican food.

Metaphor of Callous Formation

D. Corydon Hammond, Ph.D.
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It's interesting every spring when I begin to play golf again. After a long winter of not playing golf, in about early April I go up to the driving range and hit a bucket of balls. Before I'm done with a large bucket of balls, my hands are getting sore. And by the time I've hit a large bucket of balls, I have a few blisters on my hands. If the weather is rainy and cool the next week, it may be two weeks before I go back to the driving range to practice. And if I hit a large bucket of balls again, I'll develop blisters on my hands again.

But if I go to the driving range for a short time on Monday afternoon, and share a small bucket of balls with my son, and then go back on Wednesday and share another small bucket, and again for a short time on Friday and Saturday, blisters don't develop. When I gradually increase what I do, callouses gradually form. My body gradually adjusts. And before long I can play nine holes of golf, and my hands are only a little sore, and I don't have any blisters. And then before long, I can play eighteen holes of golf, comfortably, because my body has adjusted, and callouses have formed.

And in this same way, you can gradually allow callouses to form in your pain nerves, allowing your body to adapt gradually. And if I had a painful _____, I'd be willing to spend just as much time allowing callouses to develop around those nerves, as I do allowing my hands and fingers to develop callouses.

Suggestions for Patients with Chronic Pain

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[After appropriate induction of trance and deep relaxation, I use behavior modification with positive suggestions]:

You are so deeply relaxed and comfortable right now that you will be able to follow my suggestions with ease. You know with the use of hypnosis that you can alter perception, experience and memory, and you can regain control over your sensations. With this newly learned tool, you will be able to alter the course of events. Just like the person steering a sailboat can turn the rudder in such a way that the wind catches the sails, and the boat turns around and goes the opposite direction; so are you steering your boat of life and you can turn around and go the opposite direction. You can be relaxed, comfortable, and in control of your sensations.

WARMTH AND METAPHOR OF MELTING BUTTER OR CREME

You can change the sensation of discomfort to warmth [or cold if appropriate], and feel a warm comfortable tingling in your . . . [area of pain]. Let the sun shine on your [area of pain] and feel how the warmth penetrates the skin, the subcutaneous tissues, the muscles and all the way down to your bones. You can visualize a pad of butter or some soothing creme on your skin, and as it melts, so will your discomfort melt away. So good, so relaxing, so comforting. You can be very proud of your success and your ability to change your sensations at any time you wish, and to any degree you desire. And when you use self-hypnosis several times a day, you will notice that with practice you will be able to go deeper, and it will take less and less time to change and control your sensations. During the rest of the day you need not pay any attention to . . . [area of pain]. Your body knows how to make you breathe, and your heart to pump your blood around [etc.] completely, without your help. Pay all your attention to your work, your play, and your surroundings. You have learned a new skill and you can use it to see and hear and taste and touch in a new way. In a way which will be very pleasing to you.

When you walk through the woods, you will come to a fork in the road, and you can choose whether you want to go to the right or the left. Up to now you went unconsciously to the left. You did not know how to choose. Now you have the skill and the power to choose the right road, the road of comfort and to a productive and happy life.

Pain Reduction

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INTRODUCTION

The best approach for coping with pain is first to try to analyze its peculiar characteris-

tics, differentiating it from other possible pains; then to decide what might change or alleviate it; and finally to experiment with appropriate imagery, relaxation, diversion, dissociation, or physical treatments like heat, cold, or massage.

ALLEVIATION OF DIVERSE PAINS

It must be remembered that all the following suggestions work with some, but not with others. Different exercises should be tried, and those which bring relief should be conscientiously practiced.

DULL ACHES. These have been relieved by imagining during exhalations a hot water bottle which warms and relaxes, or by treating the aching area with warm water or alcohol, or even by imagining receiving a painkiller shot into it. Thinking of softening the area or feeling the pain "evaporate" during exhalations also proved helpful.

SHARP PAIN AND STABBING PAIN. These have been partially relieved by imagining that the painful area was icy and very rigid, or by imagining that it was very soft, like foam rubber, so that the stabbing met with no resistance. This has not worked for stabbing pains so strong that they halted the breath.

BURNING PAIN AND PAINS FROM BURNS. These can be relieved by thinking coolness and soothing lotions being applied during inhalations, and relaxation during exhalations. However, thinking coolness for burnt soles of feet may make it possible for the burn victim to walk, but the tissues will suffer additional damage. Common sense must always be a guiding factor for deciding whether pain reduction is beneficial or not.

CRAMPS. These can be handled in at least three ways: relax as much as possible, tense as much as possible, or relax and tense alternately. Time the tensing with inhalations and the relaxing with exhalations. A cramp can also be waited out by concentrating exclusively on relaxing the body during exhalations in places which are not affected by the cramp. This has proven very helpful for getting rid of cramps without changing the position during yoga practice and for continuing swimming with a cramp. Lymph drainage massage is good for prevention.

LOCAL WARMTH. Warm a hand, for instance on the abdomen or chest, and then put it on the painful area. Imagine during inhalations inhaling the warmth into the painful area and pain streaming out through it and away from it during exhalations.

COOLNESS. Coolness or warmth can be attributes of one kind of pain and may be remedies for another kind. Usually the opposite is required for relief. Experiment while remembering that coolness, rigidity, and tensions are enhanced by inhalations, the opposites by exhalations.

ANESTHETIC. Imagining strongly having a body part immersed in ice water or snow, or having been injected with a numbness-producing anesthetic, can evoke an effective anesthesia in dentistry and otherwise.

ARTHRITIC PAINS AND STIFFNESS. Arthritic pains can be eased by imagining a warm shower over the shoulders and neck during exhalations, or a warm blanket over the knees. Cupping a painful area with a warm hand increases the effect. Imagine further that the afflicted area loosens up and becomes soft and warm during exhalations.

Before any movement, imagine moving the body parts involved in the movement, be it an arm for reaching or the legs for walking. Limber up the body in the imagination before getting up in the morning. Invigorate the limbs during inhalations while making imagined movements and relax during exhalations. Only then attempt to move in reality. Move then only during exhalations, since this avoids unnecessary body tensions and increases limberness. Inhale between movements. Hold the breath

during movements only if the pain is excruciating. Lymph drainage massage is also helpful before getting out of bed. Also, get up from sitting and climb stairs during the exhalation phase. Halt during inhalations.

For bending, as for instance for tying shoelaces, bend as far as possible during one long exhalation. Wait and relax during several breathing cycles while the body adjusts to the position it reached. Then stretch a little further during another long exhalation. By thus bending stepwise, one may extend the reach a great deal.

Anticipation of relief is also helpful. If a hot bath or a hot whirlpool can ameliorate the pain, imagine going to the hot water. Imagine the anticipation very vividly during exhalations. Then imagine being in the hot water.

HEADACHES. Distinguish the features of the headache. It can be in different places and have different qualities. It may be general, frontal, or one-sided, pressing, stabbing, nagging, dull, or pounding. Next, find body areas which are tense. Tension headaches can be due to tensions in the head itself or in the neck and shoulders, the spine, the small of the back, or even the legs. Do appropriate relaxation exercises and experiment to see if relaxation of certain body areas will reduce the headache.

For pressure headaches try the following. If the pain feels like a "board before the forehead," think of the area softening and becoming relaxed or warm during exhalations. During inhalations think that the bony walls of the skull expand or that coolness streams into the head. The thought of opening the head at the crown to "let fresh air in" also allayed or ameliorated pressure headaches. Experiment whether this works better for you during exhalation or inhalation. It differs. Also experiment whether coolness or warmth is better to ameliorate headaches.

RELIEVING DISCOMFORT IN THE CHEST AND ABDOMINAL AREA

The nonmedical clinician is reminded to always obtain careful medical evaluation, especially with conditions such as chest and abdominal pain, prior to providing hypnotherapy. (*Ed.*)

Start the relaxation at the throat. Exhale a few times slowly and deeply and imagine making the throat wide and open. Relax and think during exhalations "soft, gentle, wide, open," and so on, with respect to places inside the throat, chest, and abdomen. Do any or all of the following exercises according to need.

OPENING FLOWER. Feel whether and where there is narrowness or tension in the throat. Imagine a flower bud opening in it, as in a time lapse film. Repeat this during two or three exhalations. Feel what happens to that throat region during the next two or three exhalations. Is there a widening? Softening? Moisture flowing?

INVERTED FUNNEL. Imagine an inverted funnel, narrow above, wide and open below. Imagine this funnel starting at the mouth-throat junction. Feel during exhalations a widening, softening, and opening up toward the lower, wide open end of the funnel. Ascertain the place down to which the throat or chest opened up. Then start the narrow top of the funnel about an inch or two above that place, and repeat the widening, softening, and opening up during exhalations. Imagine that some liquid of pleasant temperature and consistency streams down the funnel. Relax in this manner the throat, chest, and abdominal cavity.

GUIDE ROPE. Imagine the exhalation to be a guide rope along which you can glide, slide, or feel your way down into the chest cavity. Repeat this for about three consecutive exhalations. Relax while going down. Continue down into the abdominal cavity along the guide rope of the exhalation.

ELEVATOR. Imagine riding down an elevator within yourself from the throat into the chest during exhalation. Make a stop at the place the elevator has reached at the end of the exhalation. Allow the inhalation to stream in passively. Then descend further during the next exhalation. Repeat, starting and stopping as

necessary, and go down through the chest into the abdomen.

KNOT DISSOLVES. Remember the feeling of a "knot in the stomach," or actually create it by holding the breath and tensing inside. Then gently release the tenseness, or, for that matter, tenseness which was there without creating it, during successive exhalations by thinking "the knot dissolves." If no relief is felt, check if the jaw or base of the tongue are tense. Such tension is often related to stomach discomfort. Release these tensions.

SETTING SUN. Internal tensions can be reduced in the chest as well as in the upper and lower abdominal area by thinking of a setting sun during exhalations. Feel the gentle warmth, the red glow, the slow sinking, and allow the "inner space" to expand like a horizon, while the body walls seem to soften and expand elastically.

RELAXING THE LOWER ABDOMEN. Repeat first the widening of the chest and abdominal cavity. Then observe passively where discomfort makes itself known. Give such places a gentle, but deep finger pressure massage during deep exhalations. Wait passively, but attentively, until the body reacts. The abdomen usually "makes known" its reaction by air movements and pressure changes. Wait passively and then massage again where necessary.

RELIEF OF HEARTBURN. Think "cool" during inhalations and "calm and relaxed" during exhalations, or imagine drinking soothing cool milk with the thought of coolness during inhalations.

"Body Lights" Approach to Ameliorating Pain and Inflammation (Arthritis)

Ernest L. Rossi, Ph.D., and
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1. *Accessing and Transducing Symptoms into "Lights"*
   a. **"See yourself standing in front of a full-length mirror. See tiny [colored] lights in different parts of your body. The colors represent the feelings of those parts. When you can see the total picture, your yes finger will lift to let me know."**
   b. Scan the body, getting the color of each light and what that color represents to the patient. The process starts with unimportant parts of the body, ending with exploration of the organ or extremity suspected of having problems. For example, with rheumatoid arthritis, in which multiple joints are involved but some are more painful than others, one might proceed as follows, selecting the least painful for the first therapeutic approach. Confidence builds with each success from least to most painful.

      "Look at the entire image of yourself and let your unconscious mind select the joint you know to be the least inflamed, the least painful. When you know what it is, your yes finger will lift to tell me which joint and what color."
2. *Therapeutic Reframing*
   a. **"Let your inner mind shift back to a time when there was a light that represents comfort and flexibility. When you are there, your yes finger will lift.** [Wait for the signal.] **Now come forward to the first moment that color (light) was put there in place of the comfortable light. When your yes finger lifts, please tell me how old you are and what is happening."**
   b. **"Now, is there any good reason why you should continue with pain in that joint?"**
3. *Ratifying Therapeutic Gain*
   a. **"Now that you know what has been happening, is your inner mind willing to let you turn off that unconscious pain and continue the process of healing?"** [If the answer is no, it will be necessary to orient to whatever factor is standing in the way, as in Step 2.]
   b. **"Go forward now to the time when you will not only be free of the pain in that joint, but will have turned off the pain in**

all the joints that have been troubling you—a time when you are no longer afraid of pain returning, when you are really well in every respect. When you are there, your yes finger will lift and you will see a month, day, and year, as though they were written on a blackboard." [This is done as a measure of the patient's confidence level.]

Suggestions with Postherpetic Neuralgia ("Shingles")

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INTRODUCTION

This script was developed for an 86-year-old man who had a severe case of shingles on his scalp which continued down to his left eye. He had been on pain medication for over six months with no relief and the physician was concerned about addiction and side effects of the drugs. He loved the ocean and was an ex-auto mechanic. The suggestions were given following induction and extensive deepening techniques.

SUGGESTIONS FOR SELF-HYPNOSIS

[The following suggestions for self-hypnosis were given during the induction-deepening process.] Each morning upon rising you can permit yourself to allow your body to become relaxed and in balance, then you will permit yourself to take one long deep breath in through your nose and out through your mouth while using the thumb and index technique. This will be a signal to go into the deepest level of hypnosis whereby you will feel your strength and confidence and knowledge that you can control the pain from the shingles and have the ability to heal the shingles all together.

SUGGESTIONS FOR PAIN CONTROL

You are peaceful, calm, relaxing deeper and deeper, deeper and deeper, deeper and deeper. As I talk to you, you continue to go into an even deeper state of relaxation. In the past you have had feelings of anxiety, doubts, fear, panic, and the sense of loss of control arises from flashbacks of reliving aspects of the shingles or from other past experiences which have evoked those kinds of feelings. All of these feelings and behaviors have interfered with your growth, sense of oneness, and natural healing processes and you acknowledging your uniqueness and goodness. If you experience any of those negative feelings as we're talking, either you can allow yourself to choose to look at what is causing those feelings at that time when you experience them, or you can imagine putting them into my locked file cabinet in my office. They will remain in the file cabinet in my office where they will be stored. These feelings will not surface and cannot be touched unless you choose to retrieve them to work on them yourself or in therapy, to help you learn to live and enjoy life. You will always know where they are because you have the control and you have chosen to place them there. By knowing this, if a flashback occurs, you have a way of having power to control those feelings and you no longer need to stuff them inside, but rather have a way of dealing with them to resolve them and help you to have greater control over your own life.

As you allow yourself to go deeper and deeper, you are realizing, perhaps for the first time, that you can allow yourself to take control over your body through your mind. You can become more relaxed and with this relaxation your body's healing mechanism can function appropriately and normally. And as your body responds in this deeply relaxed way, you are becoming aware that you can permit yourself, when needed, to take greater control over your body than you ever thought possible. You are acquiring confidence in yourself. You feel a realization growing within you of the fact that you have the ability to make changes, and these

changes make your body healthier, and you can assist your body's normal healing functions with your relaxation and concentration.

You can allow yourself to activate the anti-viral mechanism via the Mystery Oil, to attack and kill all herpes virus, along with activating your white blood cells to attack and kill all bacteria on the turtle's back. The warmth of the sun will allow the scabs to heal, and with this awareness you can permit yourself to change the various dials on the alt meters to help you heal and to adjust the level of discomfort related to the pain in the various parts of your face and head. You can allow yourself to adjust these various meters so that you may achieve a comfortable level and by putting your thumb and index fingers together. This will be a signal to go into a deeply relaxed state, a deeply relaxed state.

As long as there are any signs or sensations of the pain near your eye, face or head you can allow yourself to adjust the various dials to produce a comfortable level for yourself, whereby you will feel pressure and no discomfort. And you will be aware of the causes and reason for the discomfort, but you need not feel a greater sensation than discomfort unless you do injury to that area, whereby you will feel pain.

As you turn the dial on the alt meter you will produce the feeling of pressure and by adjusting the volume control you can adjust the level of intensity from sharp, to dull, to total numbness. You will be able at all times to adjust and control the level of sensation to obtain the appropriate level for you to maintain comfort, whereby you feel sensation but no pain, pressure but no pain.

As the night settles in and the sun is setting in the west, your ability to take greater control of your life and the discomfort will increase, day by day, as you learn to concentrate your mind and relax more and more. If there is a psychological and/or physical reason for the pain you have been experiencing, this knowledge will come up through images, thoughts and dreams. With this information, you will be able to share it either with me or the necessary medical doctor.

With your relaxation and concentration, which activates your natural healing process, you will allow yourself a sense of strength and confidence which will fill your body. You have the ability to cleanse your body and help heal it, and with this knowledge comes a sense of calm, peacefulness and serenity. You permit yourself to enjoy the sounds of the birds and you become even more relaxed. As you listen to the sounds of the gulls and the sound of the ocean, you allow yourself a sense of joy and happiness which fills your body, and you can allow yourself to become even more relaxed.

Relaxation will give you that peace of mind and inner tranquility which will enable you to cope with the tensions and stresses of everyday living. You will be able to tolerate the persons, places or things that used to disturb you and annoy you. You will be there for you in all circumstances.

No one can bother you here. You have no cares or worries. You feel safe, secure, calm, peaceful and relaxed. There is a sense of peace with the environment around you. This spot is peaceful and serene. You feel calm, peaceful, confident. This spot is a safe, secure spot. No one can bother you here. You are peaceful, calm, relaxed; you go deeper and deeper, deeper and deeper and as I talk to you. You continue to go into an even deeper state of relaxation. Everything but my voice is becoming remote now, quite remote; nothing else but my voice seems important, nothing else is important, nothing else but my voice.

Suggestions to Reduce Pain Following Hemorrhoidectomies

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INTRODUCTION

The following suggestions were used before surgery and were reinforced the day following

surgery. Eight of eleven patients receiving hypnosis reported no pain post-surgically, while three experienced moderate pain. In contrast, only two of eleven nonhypnotically treated patients reported no pain, four reported moderate pain, and five reported severe pain. Note Dr. Werbel's use of trance ratification procedures along with the suggestions. It is anticipated that when something like catalepsy, levitation, or glove anesthesia is used for ratification, that the success rate will be greater. (*Ed.*)

SUGGESTIONS

You are now in a relaxed state. An individual who is as relaxed as you are does not feel pain as acutely as a person who is tense. In fact, sometimes, he feels no pain at all. [Then one of the patient's hands is elevated. It usually remains in that position.] Please open your eyes and look at your elevated hand and note how perfectly motionless it remains, just as if you were a statue. Now close your eyes again. Your extremity remains motionless because you relax so well that your muscles are in equal tone and are not pulling against each other. [I then request the patient to look again at his motionless uplifted hand to convince him thoroughly that he is in a trance.] You relax wonderfully well. You are an excellent subject. Therefore, there is no need for you to feel pain following surgery. I want you to remember that there is *no need* for you to feel pain. You may feel pressure.

[Dr. Werbel then demonstrated glove anesthesia, after which he continued:] This shows that you need have no pain following surgery. Remember you need have no pain following surgery. If you have any pain at all it should be minimal. . . . When you have your first bowel movement be relaxed just as you are now and you need feel no pain. Remember, when you move your bowels following surgery, be relaxed as you are now and your bowels may move just as easily and comfortably as they did prior to surgery.

Suggestions for Pain Control

Don E. Gibbons, Ph.D.

DIRECT SUGGESTIONS FOR ALLEVIATION WITH SIGNAL PAIN

After the trance has been concluded, you will find that your pain is almost completely gone. There will still be a little discomfort remaining, just to serve as a reminder for you to take it easy; and you will still continue to let up as much as you need to for the healing to proceed properly. But the extra pain, which serves no useful purpose, is going to be completely taken away. And you are going to be greatly relieved at how much better you will feel.

SUGGESTIONS FOR HEADACHES

INTRODUCTION. I have had excellent results with the following suggestions, which use vestigial remnants of the diving reflex to alleviate the discomfort of migraine and other stress-induced headaches. By slowing the heartbeat and decreasing blood pressure by means of this technique, circulatory congestion in the head may be alleviated and the headache symptoms gradually cease. (Of course, suggestion also plays an important—and perhaps the *most* important—part in enhancing the effectiveness of this underlying physiological rationale.) [These suggestions will undoubtedly be most effective for patients who are familiar with and enjoy skin diving. (*Ed.*)]

The effect of the following suggestions may be enhanced by requesting the subject to assume a sitting position prior to the induction, and, as the "diving" suggestions are given, handing him a cloth moistened in cool water to hold against his face as he bends forward slightly and puts his head down.

SUGGESTIONS. Picture yourself now as a dolphin, swimming lazily along just below the surface of the sea. Feel the water above you gently warming your back; and feel the cooler

water beneath you, as you swim lazily along. Just let yourself continue to swim slowly along, concentrating on the images and the sensations which you feel as you continue to listen to my voice, and soon you will be able to experience everything I describe to you just as if it were actually happening.

You think how refreshing it would be to dive down, all the way to the bottom. Let yourself begin to dive now, diving easily and gently, all the way down to the bottom. Feel the cooler currents against your face as you angle your body toward the bottom, and feel yourself beginning to adjust to the increasing depth and the pressure of the water around you as you continue to descend.

Any previous discomfort you may have felt is fading away now, as you feel the cool, soothing currents rushing by as you sink deeper and deeper, and your system continues to slow down in response to the increasing pressure and cold. The water continues to grow even colder now, as you continue to sink, but your body adapts to it easily and comfortably. You continue to drift down and down, sinking past seaweed forests and deep coral canyons, sinking all the way down to the bottom, almost there.

Now you find yourself drifting slowly along, exploring the bottom of the sea. Just savor the experience for a few moments and enjoy the cool freshness as you swim along.

In just a short while, I'm going to return you to your normal sense of time and place; but after you return, this feeling of peace and well-being will remain with you, and all traces of your previous headache will have vanished. Even after you have returned to your normal sense of time and place, you will continue to feel just as good as you do right now. So just continue to let yourself explore this undersea world for a moment or two, experiencing all the enjoyment and pleasure that goes with it; and soon it will be time to return you to the environment from which you left.

COMMENTARY. After a moment or two has elapsed, suggestions may be given to the effect that the subject is slowly rising back to the surface, followed by suggestions that the scene is fading and that the subject is becoming fully aware of himself as a person once more, still in trance and still retaining the feelings of relaxation, peacefulness, and well-being which were part of his undersea experience. The trance may then be terminated in the usual manner, together with suggestions that the subject will continue to feel peaceful and relaxed, with no further trace of discomfort.

At the conclusion of the trance session, the subject may be instructed to repeat the foregoing imagery at the appropriate intervals by means of autosuggestion, either to ward off an oncoming headache or to alleviate one which has already begun. More responsive subjects should eventually be able to experience similar sensations merely by closing their eyes and silently repeating to themselves the word *dive.*

SUGGESTIONS FOR A PAINFUL CONVALESCENCE

INTRODUCTION AND INDICATIONS. The following suggestions may be helpful in assisting a subject to get through a particularly stressful period, such as a painful convalescence, which is not unduly exacerbated by underlying personality conflicts or by various "secondary gain" factors. . . . These suggestions may also be employed, together with directly suggested sleep . . . to assist a seriously or terminally ill patient in coping with intervals of unusually severe discomfort. In the case of terminal illness, however, such suggestions should usually not be relied on to the extent that they may deny the patient sufficient time to accept and to come to terms with the fact of his own impending death; and other patients who may learn to use such techniques by means of autosuggestion should be cautioned not to employ them to avoid having to cope with problems which ought to be dealt with instead of merely being endured, such as the periodic drinking bouts of an alcoholic spouse.

TIME DISTORTION SUGGESTIONS. As a result of what I am telling you now, your awareness of the passage of time is going to be changed, so that the days (or hours) will just seem to be flying past, and you are going to be pleasantly surprised at how swiftly they have gone. You will be able to carry out all of your routine activities in the usual manner, for this will have no effect on the speed with which you do things; but just as a few minutes can seem like an hour at times, and an hour seem like only a few minutes, your perception of the passage of time is being changed now, so that every minute that passes is going to seem much, much shorter than it actually is.

COMMENTARY. As with other techniques, it may be necessary to repeat the foregoing suggestions at appropriate intervals (or to teach the subject to do so by means of autosuggestion) for them to remain effective for the desired length of time. But is should also be made clear to the subject that these suggestions are only intended to be effective for a limited period of time. This can most easily be accomplished by adding the following sentence each time the suggestions are administered, whether by the subject himself or by another:

"These suggestions will be effective only until _____, at which time your normal sense of the passage of time will be fully restored."

Suggestions for time condensation may also be used in conjunction with suggestions for emotional enrichment as a means of counteracting unpleasant or negative affect by directly suggestion the opposite sensations (Sacerdote, 1977).

Hypnosis for Migraine

Lillian E. Fredericks, M.D.
Palm Beach, Florida

I dissociate my patients to a cold place (in the winter to go skiing or walking in the mountains in the snow, etc.). I suggest that "the icy wind and snow is touching your forehead, and is making your temples colder and colder and colder. It feels as though you were holding an ice cube against your temples. It feels just like your hand feels when you hold a glass with your favorite drink in it. Do it right now, and feel how it gets colder, and colder, and colder, it gets tingly and numb, and sometimes even anesthetic so you cannot feel it anymore."

If the patient loves to take a bath: "You are now taking a bath, immersing yourself into this wonderfully warm and soothing water. You feel cozy and warm and comfortable all over. The only part of your body outside of the water is your head. As you turn the hot water faucet on to renew the water and make it even warmer, you notice that your temples are getting colder and colder and colder. As you feel your body getting hotter, notice your temples getting colder. A very good and comfortable feeling in your head. It becomes clearer, more lucid, and all the congestion disappears. The discomfort gradually drains out with the rest of the water in your tub, and you can just stay there and enjoy this comfortable feeling all over you.

[Never tell a patient, "You will just have to live with your pain." Subconsciously the patient will retain his/her pain because if there is no pain, he/she is not alive.]

Suggestions with Migraine

J.A.D. Anderson, M. A. Basker, and R. Dalton
London, England

INTRODUCTION

Using hypnotherapy, Anderson, Basker and Dalton (1975) obtained complete remission with 10 of 23 patients (in comparison with only three of 24 patients on prochlorperazine). Patients were taught self-hypnosis. They were provided with a simple explanation of migraine both in and out of hypnosis, including an emphasis that migraines result from abnormally swollen blood vessels in the scalp. They

were also asked to visualize the arteries in the head and neck. The following suggestions were given.

SUGGESTIONS

Migraine is caused by . . . and always made worse by tension . . . thus making the arteries in the head congested and large. I want you to visualize the arteries in the head . . . picture them large and throbbing . . . now, as you relax and become less tense . . . each day . . . your arteries become smaller . . . smaller and smaller . . . more normal. The arteries stay normal . . . and your head feels comfortable. (p. 51)

Diminution Rather Than Elimination of Headache

Irving I. Secter, D.D.S., M.A.
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[In accord with my findings on other comparable patients, I considered that permitting retention of a small amount of the illness, with instruction to have it at times when it is least disturbing, could be an effective measure of therapy. Accordingly, after this patient appeared to be in a satisfactory trance, I told him to take a few minutes time and if he so desired he could go into a deeper state of relaxation by breathing more slowly. I always give the patient sufficient time to become as deeply relaxed as desired. When I believe this has been accomplished, I give the following suggestions]:

Every time you are in bed ready to go to sleep, you will get the feeling you are getting a headache; as soon as you experience this feeling, you will breathe slowly, regularly, and deeply, as you are doing now; with each slow, regular, deep breath, the feeling that you are getting a headache will begin to subside, and then leave you completely. You will then go into a normal, natural, deep sleep; you will sleep the night through, and awaken refreshed at the correct, proper time, feeling very good, sound in body, sound in mind.

Suggestion for Symptom Substitution

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When you are ready to begin to resolve your problems, it may be possible to let go of the tension and pain. When you are ready, you can have some other symptom to replace the pain. The pain can fade and become less and less as you become more aware of another sensation that replaces it.

The Progressive Anesthesia Induction-Deepening Technique

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INDICATIONS AND INTRODUCTION

This method, a modification of Watkins (1986) procedure, may be valuable with medical, cancer or burn patients who are experiencing considerable pain, as well as in hypnotic preparation for surgery. It may be more confidently used when the practitioner has facilitated glove anesthesia in the patient previously. In a talented subject, it may be used as the initial induction; in other cases, induction and deepening may precede the use of this method. There are several other options in using this technique. When a prior induction has been done and the anesthesia has spread through the entire body except the head, the patient may be given the following suggestions as part of his training: "Would you like to have a pleasant, surprising experience? In a moment, I'm going to have you awaken from trance, but you will only awaken from the neck up. Would that be all right? So that in a moment, as I instruct you to, you will only awaken from the neck up, and the rest of your body will remain asleep in a deep trance. You will only awaken from the neck up." After

experiencing this for a minute or two, the patient is instructed to close his/her eyes and go into an even deeper state. The technique of having the patient's body remain in trance while the patient awakens may also be used with only one limb that is painful and which may also be made cataleptic. Watkins prefers to have each part of the body become rigid as it is anesthetized, removing only the rigidity after the entire body is numb.

SUGGESTIONS

Please concentrate on your right hand, and as you do so, a feeling of heaviness will begin to develop. As you notice that feeling of heaviness, please nod your head. [Pause] Good, and now as you keep focusing on that hand, and as I stroke it, you will begin to notice a numbness developing. [Lightly stroking the one hand, and pausing until a response is given.] Nod your head when you become aware of the numbness starting to develop. [Pause] Um hmm. And I'd like you to notice, with a kind of sense of curiosity, how that numbness and anesthesia begin to spread all through your hand, through the fingers, the palm, the back of the hand, all through the entire hand. [Pause] Notice how that numbness deepens more and more, and as it does so, it's such a pleasant feeling that it feels as if it's really too much bother to move even a finger. That hand just feeling a kind of heavy, relaxed, immobility, almost as if, it's going to sleep. Almost as if, it's beginning to sleep now, almost as though it's no longer a part of you. And as you're aware of that, your head will nod again. [Pause]

Now as I stroke your forearm, the numbness begins spreading into it too, as though something is flowing into it, bringing this feeling of numbness, and immobility to your forearm. [As this is being said, lightly stroke from the back of the hand through the upper forearm two or three times.] And you feel that numbness beginning to spread, do you not? And you can be rather fascinated by that. And when that anesthesia and kind of heavy, almost wooden-like feeling has spread all the way up to your elbow, your head can begin to nod again. [Pause] [Repetition of suggestion may be used occasionally as needed.]

Would it be all right for that comfortable numbness to continue to spread? [After affirmative reply] All right. [Lightly stroking from the elbow to the shoulder] Gradually that numbness and immobility continues spreading upward, at its own pace and speed, through your elbow and into your upper arm. Flowing into your biceps, and your triceps, and then it will flow into your deltoid muscle. So that soon, it begins to feel as if that arm is asleep, [pause] almost as if the arm is detached somehow, [pause] as though it's no longer a part of you, but just resting motionless, there. When that feeling has spread through the entire arm up to your shoulder, your head can nod again. [Again, following pauses, use repetition as needed. The anesthesia may then be transferred across the shoulders and subsequently down the other arm, reinforced with light strokes. Then, without any further stroking (which could be construed as having sexual connotations), the anesthesia and sense of detachment are moved down through the rest of the body. Throughout this procedure, if it is being used as the initial induction, observe the patient's eyelids and utilize any heaviness or blinking that is noted. Thus eye closure may be facilitated at any time, or one may wait until the last part of the procedure when the anesthesia spreads to the head and face.]

Now feel that comfort, that still, quiet, rest and comfort spreading from your shoulders down, [pause] through your chest, [pause] through your back. [pause] A still, passive, comfort, spreading into your stomach, [pause] your lower back, [pause] your abdomen. Bringing a sense of rest, a sense of comfort and immobility, and stillness. Resting so quietly, that it's as if parts of your body are beginning to sleep now.

[Progress at the approximate pace the patient required through the earlier parts of their body, or ideomotor signals may be requested at different points in the progression. Use repetition

as required. Facilitate the spread of anesthesia through the trunk, the right leg and foot, and then the left leg and foot. Continue using terms like: "quiet," "still," "motionless," "immobility," "wooden-like," "as if it's going to sleep," "feeling increasingly detached, almost separate from your body." Further suggestions may finally be given for the anesthesia to flow up the neck, across their head, and down through the patient's face.]

HYPNOANESTHESIA AND PREPARATION FOR SURGERY

INTRODUCTION

Role of Presurgical and Intraoperative Suggestions

THERE ARE A VARIETY of encouraging studies indicating that presurgical hypnotic suggestions and suggestions delivered while the patient is under anesthesia or in the recovery room may reduce postoperative pain and complications and speed recovery (Bonello et al., 1960; Bonilla, Quigley & Bowen, 1961; Doberneck, McFee, Bonello, Papermaster, & Wangensteen, 1961; Evans & Richardson, 1988; Goldmann, Shay, & Hebden, 1987; Kolough, 1962; Werbel, 1960).

AWARENESS UNDER CHEMICAL ANESTHESIA. Milton H. Erickson (1963) made the pioneering observation in 1932 that anesthetized patients could perceive conversation at some level of awareness, and it was David Cheek (1959) who published the first paper on this topic. Since that time there have been numerous case reports of memories of both events and conversation that took place while the patient was under chemical anesthesia (e.g., Brunn, 1963; Goldmann, Shay, & Hebden, 1987; Hilgard, Hilgard, & Newman, 1961; Hilgenberg, 1981; Kumar, Pandit, & Jackson, 1978; Levinson, 1969; Rossi & Cheek, 1988; Saucier, Walts, & Moreland, 1983), some of which were confirmed as accurate by individuals who were present during the surgeries. Particularly impressive have been some of the reports about what we may call "fatty" comments where a surgeon made an insulting remark in reference to someone's weight during surgery (Bennett, 1988; Halfen, 1986). It is particularly impressive that such comments, unconsciously registered, seem capable of causing continuing psychosomatic problems (Rossi &

Cheek, 1988) and can be traumatic enough to cause postsurgical complications, depression and vegetative responses (Bennett, 1988; Goldmann, 1986). A lawsuit has now been settled out of court concerning a "beached whale" comment made by a surgeon around an anesthetized patient, which was recalled several days later by the patient and confirmed by a nurse who was present (Bennett, 1988).

Early case reports of awareness under anesthesia quickly led to recommendations to exercise caution about making derogatory remarks or inadvertently verbalizing negative suggestions in the presence of anesthetized patients. Furthermore, some anesthesiologists and surgeons began giving positive suggestions for speedy recovery, free of complications and pain, with positive results (Bonello et al., 1960; Bonilla et al., 1961; Doberneck et al., 1961; Evans & Richardson, 1988; Kolough, 1964; Werbel, 1960).

Wolfe and Millet (1960) reported on 1,500 patients where positive suggestions were delivered, and half of the patients required no postoperative pain medication! Hutchings (1961) described positive results from using positive intraoperative suggestions with 200 patients. He believed that children seemed even more responsive than adults, and indicated that 140 of the 200 patients required no pain medication after surgery and that 12 of 88 abdominal surgery patients needed no postoperative pain medication. Unfortunately, both studies lack control groups.

FAILURE TO REPLICATE STUDIES. Such reports led to some investigations of memory retrieval that, in an effort to obtain experimental rigor, used recall of such things as unrelated nonsense syllables, poetry, music, or common words as their outcome measures. The memory for such information was often assessed a short time following surgery (Brice, Hetherington, & Utting, 1970; Browne & Catton, 1973; Dubovsky & Trustman, 1976; Eich, Reeves, & Katz, 1985; Lewis, Jenkinson, & Wilson, 1973; Loftus, Schooler, Loftus, & Glauber, 1985; Millar & Watkinson, 1983; Stolzy, Couture, & Edmonds, 1986). In general, these studies failed to find that surgical patients could recall what they heard during surgery. These results led reviewers (Dubovsky & Trustman, 1976) to conclude that surgical personnel need not curtail their operating room talk and that attempts to promote healing through suggestions delivered during surgery were not successful.

However, there were some serious methodological flaws in these studies (Bennett, 1988). For instance, these studies generally used information for recall that was not the least bit meaningful or relevant to the surgical patient. When more meaningful information has been used as a criterion measure, patients tend to recall far more (Bennett, 1988). Furthermore, as indicated above, some studies tested postsurgical patients relatively soon afterwards, but it has been found that, when there are longer periods (e.g., several days to several weeks) between surgery and postsurgical testing, there is greater recall of what occurred or was said during surgery (Adam, 1979; Bennett, 1988). Some failure to replicate studies have also used tape

recordings, often of a voice unfamiliar to the patient (e.g., Abramson, Greenfield, & Heron, 1966; Bennett, Davis, & Giannini, 1984, 1985; Bonke & Verhage, 1984; Pearson, 1961). Prerecorded tapes have generally not produced positive results in enhancing recovery from surgery. Finally, some studies have asked for verbal recall of intraoperative suggestions, but this has been found to be more difficult to obtain. In contrast to verbal recall measures, when behavioral measures are utilized, significant results are generally found, as will be cited shortly.

CONSCIOUS RECALL OF SURGICAL EVENTS. Hypnosis has proven effective in some cases in facilitating conscious patient recall of events or comments in surgery that were meaningful to the patient (Bennett et al., 1985; Cheek, 1959, 1966, 1981; Goldmann, Shay, & Hebden, 1987; Rossi & Cheek, 1988). For example, in an impressive study, Levinson (1965) staged a "surgical crisis" with ten dental patients under deep (stage 3) ether anesthesia. Four of the ten patients were able to recall the event under hypnosis. Thus, at least part of the time, hypnosis may promote recall of comments made during surgery. In particular, Cheek's (Rossi & Cheek, 1988) belief that a deeper level of consciousness is tapped through using the method of ideomotor signaling (Hammond & Cheek, 1988) to obtain recognition of disturbing events has received independent experimental validation (Bennett, 1988; Rath, 1982).

EFFECTS OF SUGGESTIONS UNDER ANESTHESIA. Despite difficulty in recalling information consciously, even with the use of hypnosis, there is compelling evidence that suggestions delivered personally under surgical anesthesia do produce behavioral responses, even though there is conscious amnesia (e.g., Bennett et al., 1984, 1985; Goldmann, 1986). This validates that auditory messages are in fact perceived at some level of consciousness under anesthesia, despite the lack of conscious ability to remember. Furthermore, when an anesthetist addresses the patient by name and asks him or her to remember something, it may facilitate responsiveness even further (Bennett, 1988; Millar & Watkinson, 1983; Stolzy et al., 1986). Interestingly, in studies using tapes that also gave posthypnotic type suggestions for a behavioral response to a cue that would be presented later, significant levels of behavioral responses were still obtained (Bennett et al., 1984, 1985; Goldmann, Shay, & Hebden, 1987). The effectiveness of these personalized suggestions validates that messages are perceived, even though taped suggestions usually did not facilitate improved recovery.

Barber, Donaldson, Ramras, and Allen (1979) have also documented that subjects breathing 20%–40% concentrations of nitrous oxide had better response to posthypnotic suggestions than control subjects breathing oxygen. Mainord, Rath, and Barnett (1983) and Rath (1982) found fewer postsurgical complications in subjects receiving positive suggestions under deep surgical anesthesia. In fact, Rath (1982) found that patients receiving suggestions required less pain medication, had lower pain ratings, and were

discharged from the hospital sooner, confirming other less rigorous studies (e.g., Kolough, 1964). Bensen (1971) reported on results of utilizing positive suggestions in the recovery room immediately following surgery. In 100 cases (primarily involving hemorrhoidectomies, dilettage and curettement, tonsillectomies, and some surgeries for removal of growths or tumors), 72% reported little or no postoperative pain, 98% experienced normal appetite and thirst, and bleeding was 90% controlled.

On a related note, it is also fascinating that studies have shown that suggestions delivered to sleeping subjects (Stage 1 REM sleep) may also produce behavioral responses to a cue (Evans, 1979; Evans, Gustafson, O'Connell, Orne, & Shor 1966, 1969; Perry, Evans, O'Connell, Orne, & Orne, 1978). As is usually the case in studies of suggestions given under surgical anesthesia, subjects were amnestic for the suggestions given during sleep, but the suggestions were nonetheless effective in producing the suggested behavioral responses.

HYPNOSIS WITH CHILDREN. Collaborating the positive findings of Hutchings (1961), cited earlier, it should also be noted that hypnosis has often been successfully used as an adjunct to chemical anesthesia with children (Antich, 1967; Bensen, 1971; Betcher, 1960; Crasilneck, McCranie, & Jenkins, 1956; Cullen, 1958; Daniels, 1962; Jones, 1977; Kelsey & Barron, 1958; Marmer, 1959; Scott, 1969; Tucker & Virnelli, 1985; Wiggins & Brown, 1968). In fact, in a controlled study of the effects of hypnosis on anxiety and pain in children (ages 5–10), those receiving hypnotic preparation were found to be significantly less anxious and more cooperative, and they only required one-fifth as much postoperative pain medication as controls (Gaal, Goldsmith, & Needs, 1980).

In summary, the evidence seems unequivocal that presurgical hypnotic suggestions or verbal suggestions made while the patient is under chemical anesthesia (that are meaningful to the patient) will influence physiological, behavioral, and unconscious processes of the patient.

HYPNOANESTHESIA

It is well documented that hypnosis may actually be used as the sole anesthetic for both minor and major surgeries (August, 1960, 1961; Bowen, 1973; Elliotson, 1843; Esdaile, 1846/1976; Finer & Nylen, 1961; Lait, 1961; Marmer, 1959; Minalyka & Whanger, 1959; Monteiro & de Oliveira, 1958; Rausch, 1980; Steinberg, 1965; Tinterow, 1960). Some of these operations have included mitral commissurotomy, coarctation of the aorta, hysterectomy, thyroidectomy, hemorrhoidectomy, transurethral resection, dilation and curettage, mammaplasty, amputations, cesarean sections, tonsillectomies, and cholecystectomy. It should be noted, however, that the use of hypnoanesthesia as sole anesthetic is seldom necessary except under extenuating circumstances. Also, perhaps only 10%–20% of patients are sufficiently talented hypnotically to accomplish this.

Crasilneck and Hall (1985) cited the following indications for hypnosis in anesthesiology:

1. In situations where chemical anesthetic agents are contraindicated because of allergic reaction or hypersensitivity.
2. For certain surgical procedures during which it is desirable for the patient to be able to respond to questions or commands and when it is important to observe the patient's state of consciousness during surgery (e.g., stereotactic neurosurgical procedures, therapeutic embolizations of carotid and vertegral arteries, and for monitoring intraoperative spinal cord function).
3. With patients where fear and apprehension of general anesthesia are so significant that they may contribute to anesthetic risks.
4. When organic problems increase the risk of using chemical anesthetics and interfere with diagnostic or surgical treatment.

More commonly, hypnosis may be used in combination with chemical anesthesia. There is evidence that when hypnosis is used to augment chemoanesthesia, less general anesthesia is required (Bartlett, 1966; Crasilneck et al., 1956; Fredericks, 1980; Van Dyke, 1970). Hypnosis may also be very helpful in combination with local anesthesia (Crasilneck & Hall, 1985; Golan, 1975; Lewenstein, Iwamoto, & Schwartz, 1981).

SUMMARY

Hypnosis and positive suggestions may thus be used in the following capacities with surgical patients:

1. To reduce presurgical fear and apprehension, while simultaneously creating feelings of calm, optimism, motivation and increased cooperation.
2. To create hypnoanesthesia as the sole anesthetic for surgery in the rare instances when this is indicated.
3. Giving positive suggestions during surgery and in the recovery room to maintain calm, reduce complications, minimize pain (and the need for postoperative medication), facilitate appetite, reduce bleeding, enhance healing and speed recovery.
4. For analgesia or anesthesia to be used in combination with lower levels of chemical anesthetic agents.

In this section of the chapter you will have an opportunity to review the finest available suggestions and approaches that are used in the hypnotic presurgical preparation of patients, as well as suggestions to be used during and immediately following surgery. You will also find illustrations of suggestions to promote healing and for hypnoanesthesia. The reader interested in applications of hypnosis with burns and emergencies should also consult Chapter 8.

Preparation for Surgery

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INTRODUCTION

Obviously you have to adapt the basic suggestions that follow according to each patient and the type of surgery the patient underwent. You obviously will not suggest that the patient is thirsty and hungry if he/she had a gastrectomy or bowel surgery, etc. Also, please never say to a postoperative patient, "You are finished," since the patient may take this literally, resulting in considerable anxiety or negative effects.

THE PREOPERATIVE VISIT

[After reading the chart and introducing myself to the patient]: What do your friends call you, Mr./Mrs . . .? May I call you . . .? [First name only] Where would you rather be right now? . . . [Patient's favorite place] . . . Would you like me to show you a way to go through tomorrow's surgery and anesthesia with comfort and safety? [Pause]

Just close your eyes and let all your muscles go limp and loose and relaxed, from the top of your head to the tip of your toes. That is very good. Now let's go to that lovely place of your choice, and thoroughly enjoy every minute. While you are there, feeling good and comfortable and happy, I will explain to you what will happen tomorrow, and how I will prepare you for a relaxed sleep so the surgeon can perform the operation to the best of his ability. Pay attention to my voice only. All other noises are unimportant to you; they are just like background music. [Tell the patient on his/her level of understanding, briefly, what you will do.]

I will be with you all the time, watch over you and make sure that you are comfortable and safe. When you are as nicely relaxed as you are now, you will need less anesthesia and you will awaken at the end of the operation as you awaken from a peaceful, natural sleep. You will be relaxed and pleased to feel so good, so happy, and so comfortable. All your physiological functions will return promptly and you will feel thirsty and hungry, and will look forward to your next meal.

After your surgery, you will do all the prescribed breathing exercises, and you will be a good and cooperative patient. You may feel some sensations in the operative area which will tell you that you are healing well. You will have a dry and comfortable wound and you will heal very promptly. Let these sensations be a signal to you to let that area go limp and loose, soft and relaxed. You will have time to rest and restore; so much time to enjoy all the care you are getting. You will enjoy your visitors and the planning for the return to your home. You will be able to eradicate from your mind any pain or problem you might have had prior to surgery. Just like sailboats going forward only, and enjoy all the things you can do again to make life more productive, more interesting, and more to your liking. You also will be surprised and pleased to see how short the hospital stay will seem to you.

POSTOPERATIVE SUGGESTIONS IN THE RECOVERY ROOM

Your operation has been completed and you are doing very well. You are healing and your immune system is working at full speed to prevent any infection. You are nicely relaxed and comfortable, thinking happy and pleasant thoughts. Your body and mind work together; your body reacts to the way you think and feel. You can breathe easily and deeply and with great comfort. You can cough and clear your throat any time you want to. You will be thirsty and hungry, and as you swallow, let that be a signal to your digestive tract to relax and function normally. Your wound will be dry and comfortable. Your body knows how to do all that, and you will be surprised how easy it will be to empty your bladder and move your bowels at the appropriate time. Feel good and happy knowing all is well.

Suggestions for Anesthesia and Surgery

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PREOPERATIVE SUGGESTIONS

1. From the moment your medication is given, until you are back in your room again, you pay attention only to the voice that speaks directly to you. All other sounds seem pleasantly far away, a lulling, soothing sound . . . like background music . . . or the sound of waves gently lapping on the shore. That drowsy, dreamy, sleepy feeling increases with each sound . . . making you more comfortable.
2. Your medication can be the signal to start a pleasant daydream going of some pleasant activity in a special place where you feel safe, secure and contented.
3. The whole operative area remains soft, loose, limp and comfortable throughout the operation and afterward until completely healed.
4. You awaken in the recovery room as if from a restful, peaceful sleep, refreshed and pleasantly surprised to find your operation completed, your condition relieved, and healing already well under way.
5. The sensations you feel are those of healing, a little pulling that tells you the area is well put together again . . . slight cramping . . . a little heaviness or tingling reminds you that healing is already begun and acts as a signal to let the area become soft, loose and comfortable again . . . and to keep it that way.
6. You can recover quickly, completely, comfortably.
7. You can be pleased to find how easily you can pass water, move bowels, enjoy meals, breathe deeply. You can cough to clear your throat as needed and go on breathing gently, easily, deeply and comfortably.
8. You have time now to rest . . . to think of pleasant things like how nice it will be to feel like yourself again . . . Time to enjoy all the T.L.C. of the doctors, nurses and others working with you to help you get better fast.
9. You will be quite calm, comfortable and cooperative throughout, following all the easy instructions given to help you.
10. You can be pleasantly surprised to find it much easier than you anticipated . . . and be very thankful!

SUGGESTIONS DURING OPERATION

1. *As the patient is placed on the table*, blood pressure is taken, etc., repeat preoperative suggestions.
2. *Intubation*: "I'm going to slip in a soft airway while you take a deep breath."
3. Added *relaxation*: "Make the operative area soft, limp and comfortable."
4. *At closing of incision*:
   a. The operation is completed . . . your condition taken care of (relieved).
   b. You can look forward to getting better fast.
   c. The body is made to heal . . . and can do so quickly, comfortably, completely.
   d. All body functions return rapidly as the anesthesia wears off.
   e. You awaken smoothly, enjoy a rest period, respond to the voice speaking directly to you.
   f. You breathe easily, deeply, clear your throat and go on breathing easily, rhythmically, naturally.
   g. You can be glad that little soft tube is there doing work for you so function is rapidly restored.
5. *Intra-operative suggestions for cancer patient*
   a. The tumor has been removed. Now the immune system goes to work to complete healing. It can take care of any

remaining cells just as it knows how to take care of infection.
b. You can look forward to feeling much better, to getting better, to enjoying life fully.
c. Nothing need disturb you . . . nothing need bother you.
d. You can live all the rest of your life, making the most of it.

POSTOPERATIVE VERBALIZATIONS

1. You are now in the recovery room. Your operation is completed and healing is already well underway, your condition taken care of, you can get better now.
2. Pay attention only to the voice speaking directly to you. All other sounds seem very far away, soothing and lulling, like distant TV.
3. You can now recover quickly, completely, comfortably.
4. All body functions return rapidly as the anesthesia wears off. You can look forward to enjoying that good food and finding it so satisfying to drink fluids.
5. The sensations you feel will be those of the healing process . . . setting everything right . . . so you need not mind them. They remind you to keep the area soft, limp and comfortable.
6. You can breathe deeply and easily and swallow to clear your throat. This is the signal to your digestive system, "One-way—go straight on down." So it becomes more and more comfortable.
7. Your body knows how to bring enough blood to the area to bring the raw materials for healing . . . not enough to spill over nor to interfere with carrying away waste products.
8. Notice with pleasure how soon your body functions all return to normal . . . how easily and fully you regain control of your bladder and bowels . . . how much more comfortably you function than you anticipated.

SPECIAL NEEDS

1. You may feel some little discomforts . . . occasional cramping or pulling, a heaviness in the operative area from time to time. You can welcome these as part of the healing process and relax in response.
2. There may be a soft tube in your bladder (nose/mouth etc.) to keep it drained so it can function easily as soon as the tube is removed. You can be glad to know it is there working for you. It conforms to the contours of the area so you are aware only of a slight fullness.
3. You can keep your arm (with the I.V.) still so that the fluid you are getting can speed healing.
4. Whenever dressings need to be changed, you can keep the area soft, and limp like a Raggedy Andy doll so it will remain comfortable. You have time then for a pleasant daydream that makes it seem like a very short time and the time passes rapidly.

Hypnosis and the Anesthetist

John B. Corley, M.D.

The anesthetist visits the patient preoperatively. In a casual but personally conversational fashion he/she addresses the patient. He communicates those understandings and attitudes that he/she knows as an experienced anesthetist will be of most value in effecting within the patient that state of well-being most conducive to successful surgery and a favorable postoperative course. This communication is made slowly, thoughtfully, with pauses of varying length to meet the patient's needs in understanding. These pauses are indicated in the following material by the indicated spacing in the words employed.

I am Dr. Smith. . . .I am going to give you an anesthetic tomorrow . . . . I wanted to meet you. I wanted to check . . . a few simple things . . . myself . . . to make sure . . . everything goes smoothly . . . tomorrow morning.

The anesthetist then examines the patient exactly as he/she would under other circumstances, continuing the remarks:

Everything is fine. . . . I suppose everybody . . . is a little apprehensive . . . before an operation. . . . But you need not be. . . . You are in very good condition . . . for an operation . . . and you have an excellent surgeon. . . . You could not be in better hands . . . and, of course I'll be there too. . . . I promise I'll look after you . . . very carefully. . . . Everything, you will find . . . will go very smoothly. . . . Tonight the nurse will give you a sedative . . . to make sure you will relax . . . and have a good sleep . . . it always helps, doesn't it . . . to just relax . . . and not to worry unnecessarily? . . . Actually . . . it is much easier to relax . . . than most people ever realize. . . . Here . . . let me show you something . . . useful . . . and very pleasant. . . . Just close your eyes . . . for a moment . . . take a deep breath . . . and make yourself more comfortable . . . That's very good. . . . Now open your eyes . . . and let me place your hand . . . like this . . . [demonstrating] in front of your face. . . . Is that comfortable? . . . Good . . . now all you have to do . . . is to choose some spot . . . upon your hand . . . like that furrow there . . . and deliberately concentrate . . . on that spot . . . and just let your hand . . . do what it wants to do. . . . That's very good. . . . Notice how the fingers separate . . . how light appears between the fingers . . . how the fingers spread . . . spread far apart . . . just like a fan. . . . That's very good. . . . See how the hand itself . . . has now begun to move . . . towards your face. . . . Just let it. . . . As the hand comes closer . . . to your face . . . how comfortable . . . you begin to feel. . . . And actually, when the hand does touch your face . . . several pleasant things will happen. . . . Your hand will feel very comfortable . . . against your face . . . it will feel . . . as if it is stuck . . . with glue . . . very comfortable. . . . And your eyes will be so tired . . . you will find it very pleasant . . . as they close . . . and you take a deep, deep breath . . . and begin to relax all over. . . . That's very good . . . so pleasant . . . so comfortable . . . Just for a moment now . . . notice how pleasant it really is . . . when I touch you gently . . . on your shoulder . . . like this . . . [demonstrating]. Now the gentle pressure . . . of my hand . . . makes it so very easy . . . to take another deep, deep breath . . . and begin to let eoperating room . . . and you recognize my voice . . . and especially when you feel my hand . . . upon your shoulder . . . just like this . . . [demonstrating] . . . you will be surprised . . . how very easy it will be . . . to recall how comfortable . . . you are now. . . . And you will be inclined . . . if you will allow yourself . . . to take a deep, deep breath . . . and become most comfortable . . . and very content . . . to leave everything to me. . . . It is pleasant, isn't it . . . to just lie there and relax . . . with your eyes closed . . . feeling warm and comfortable . . . and very safe . . . just letting yourself relax? . . . Just be indolent and lazy. . . . I will leave you . . . for a few minutes now. . . . I have to see another patient. . . . But I will be back . . . very soon. . . . While I'm gone . . . be comfortable . . . very comfortable . . . and just relax all over.

The anesthetist then leaves the room in accord with his statement to the patient. When he returns:

I'm back. . . . I'm glad to see . . . you were able . . . to relax so well. . . . It is very pleasant, isn't it?. . . . I just wanted to remind you . . . that everything is well in hand . . . for tomorrow morning. . . . You have an excellent doctor. . . . He is very good . . . as you already know . . . and you're very fit for the surgery. . . . And don't forget. . . .I will be there myself . . . to give your anesthetic . . . and to make sure . . . that everything . . . goes smoothly. . . . After the operation . . . you'll be pleasantly surprised . . . to find how well you'll really be. . . . You'll be able to breathe easily. . . . You will be able to pass your water. . . . You will be able to be remarkably relaxed . . . and very pleased to find it is all over. . . . Operations today . . . are very different . . . from what they used to be . . . I'm going to awaken you now. . . . Remember . . . when we meet in the operating room . . . and you recognize my voice . . . and especially . . . when I touch you on your shoulder . . . just like this . . . [demonstrating] . . . you will find it very easy . . . if you wish . . . to take a deep, deep breath . . . and be very comfortable. . . . I will count to 3. . . . When I do . . . you will awake. . . .completely awake and rested . . . very relaxed. . . . And when the nurse . . . tonight . . . brings you your sedative . . . you will take it . . . and find it very easy . . . to drift off to sleep . . . and sleep a very restful sleep. . . .1 . . . 2 . . . 3 . . . That's excellent. . . . Good night. . . . I'll see you in the morning.

Summary Steps for Preoperative Hypnosis to Facilitate Healing

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1. *Initial training in anesthesia and well-being*
   a. Ideodynamic signaling for exercises in anesthesia and/or analgesia:
   "Your yes finger can lift when you can feel the numbness (coldness, stiffness, etc.)."
   b. Ideodynamic exploration and correction of misconceptions and fears about surgery.
2. *Accessing and utilizing inner resources*
   a. "After surgery of this kind, most patients are well and ready to go home in X days. Does your inner mind know it can facilitate healing so you may do even better than that?"
   b. "Let your inner mind now select a time when you've gone on a vacation. Your yes finger will lift when you are leaving; your no finger will lift when you are back in your home again. The injection you receive before surgery will be your ticket to leave on that trip. Your yes finger can lift when your unconscious knows this. All the sounds of the operating room will translate into background noises associated with your trip."
   c. "Your yes finger can lift when your unconscious knows it can ignore all conversation in the operating room unless I speak to you using your first name. I will keep informed about the operation but I want you to pay all your attention to the things you see, the people you are with, and the enjoyable food you eat during that trip. As you do this, you will be using all the normal biological processes for healing your body."
3. *Ratifying postoperative healing*
   a. "Does the inner part of your mind know that you can ignore sensations of discomfort in the surgical area after you have regained consciousness?" (If the answer is no, it is time to check on possible resistance; but it may be only that more time and rehearsals are necessary.)
   b. "Elimination of postoperative pain with hypnosis allows the most rapid healing to occur because inflammation is minimized. Is your inner mind willing to work on this for the sake of yourself and the people who love you?" (A no answer indicates an unconscious need to suffer or to punish someone else. The source must be found and removed.)
   c. "Does your inner mind know you can go home as soon or even sooner than surgical patients who have had no preparation such as you have had?" (This projects your confidence in the patient's ability to do well. It strongly suggests that the patient will live through the surgery and will be going home.)

Ericksonian Approaches in Anesthesiology

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EMERGENCY ROOM VERBALIZATIONS

You won't *mind* being *comfortable* while we work, will you? You *know* anything *hurts less* when you can relax even a little bit, or when you begin to distribute some of your attention elsewhere. [No one can argue with this. The truism initiates positive response, the important "yes-set" of mind.] You *know* the pleasant sensation of warmth on your skin when you stretch out in the sun in a favorite spot. You have *time* now to think about such things, to *let your mind wander* . . . and *wonder* . . . as you

wander. You don't even have to pay attention to what I am saying. The deep part of your mind can listen to the voice speaking directly to you. All other sounds can deepen that sense of comfort that comes as you relax and rest so pleasantly.

PREPARATION FOR HYPNOANESTHESIA

The following verbalization is a mosaic which also illustrates a number of Erickson's teachings. Most ideas are drawn directly from Seminars on Hypnosis [led by Erickson and others in the 1950's, leading to the founding of the American Society of Clinical Hypnosis] or other workshop notes. Many have filtered through the lectures of others trained by him. It is no longer possible to sort out the sources of such contributions. Words, phrases, and approaches come spontaneously into use after long steeping in them.

A patient referred for learning hypnoanesthesia was somewhat diffident and apprehensive about hypnosis. Hence it seemed best to separate trance development from its use, as Erickson so characteristically did: "I really cannot hypnotize you. But at some time in the future when *you* are ready to learn to go into a trance, I can help you do so. Then you can learn to use it . . . and go on doing so all the rest of your life."

It made clear that the patient, not the facilitator, "does the hypnotizing," retaining control. Appearing to put it off to the nebulous future decreases its threatening aspect. Yet it leaves the matter open for change as readiness for it comes.

The anesthesiologist continues: "Meanwhile, there are some very interesting things you can learn that will help you. You can forget about hypnosis until you understand more about it and want to work with it. . . . There are certain things you already know about dealing with discomfort or pain that you can put to use right now—like the distraction that occurs when you give your full attention to a TV program, tuning out everything else. You may even get so absorbed in what is going on that it seems as if you are really there, participating in the action. This is called 'dissociation.' It is just a matter of degree. So you have the choice of concentrating on the hurting—or turning to something more interesting. The more you do the latter, the less anything bothers you."

This falls within the realm of setting the stage for increasing collaboration. To go on with demonstrating a point is vastly more effective than remonstrating. It gives a firm basis upon which to build: "Tightening muscles seems to set nerves on edge so that discomfort increases. Tension always aggravates pain and can even cause it. Yet as much as 40% of pain is relieved by simple relaxation. You can test this out for yourself. Double up your fist and hold it very tightly. Pinch the back of your hand to discover how sharp it feels. Now make your hand go as limp and floppy as a Raggedy Ann doll and note how little a pinch bothers it now."

It's a little difficult to record on paper the grimace that accompanies the first pinch and the smile that goes with the second. Both are important. With the fact verified that helpful information is indeed being supplied, it is easier to proceed. This time a certain vagueness is introduced, producing slight confusion. Communication techniques use multiple levels of verbal content, voice variance, and nonverbal demonstration. All of these reinforce the changes in awareness and provide guidance.

To continue: "Turn your attention to the wealth of sensations you can sense in your hand . . . and to their changes. Just which part is the heaviest? Is it in the fingers? In the palm? Near the wrist? Where does it feel lighter? As if it might like to lift? To float upward? Does that tingly feeling start first in your fingers? Or the back of your hand? Is there a bubbly feeling along with this? Or does it feel stiff . . . as if it is made of wood . . . feeling only a slight vibration . . . if anything? *Notice* where it feels most comfortable of all . . . where nothing bothers it . . . nothing disturbs it. And that feeling of comfort is so pleasing . . . you wonder . . . how long it really needs to take . . . to

spread even further . . . and deeper . . . through that whole area . . . and even beyond . . . for an extra margin . . . and how well it can remain . . . to keep you entirely comfortable. The comfort can stay as long as normal healing is going on. Your body knows how to heal. As you keep yourself comfortable . . . all the energy goes to the healing process. It's so good to be able to work so nicely with your body."

Numerous techniques are effected including: conviction of her ability to develop and retain control; raising her expectation of something desirable happening; showing her the creative choices; and focusing on the goodness of her body. All lead her to an experience of better functioning by her own skills.

STRUCTURING EXPECTATIONS

It is essential to pay attention to the patient's expectations. One who expects to feel *nothing* during treatment may be quite upset to feel *something*, interpreting any sensation as *pain*. Anticipating this is part of paying adequate attention to detail. It might be explained in this way. "*Analgesia* is like turning down the rheostat, the dimmer, to where sensation is tolerable, even comfortable. *Anesthesia* is like turning off the switch. It's possible you might feel a *little* something. *If* you were able to feel the incision, it would feel like a fingernail drawn lightly across the skin—a tickle or a trickle." Demonstrating this so lightly as to tickle makes it clear.

SUGGESTIONS FOR THE PATIENT IN LABOR

A frightened patient just admitted to labor room was on the verge of panic, becoming unmanageable. Grasping both her hands in the manner of a handshake, I spoke firmly to her, "If you *really* have to panic, you ought to do a good job of it! Come on . . . I'll help you. . . . Get your heart beating *faster* . . . pumping *harder* . . . *much* harder . . . and faster . . . and *breathe* in little spasms . . . deeper . . . faster . . . get that *blood pressure* up higher. . . . It's so *very uncomfortable*, isn't it? So why don't you *stop halfway*? Wouldn't you really rather just let your eyes close? And snuggle down . . . just listen . . . to the voice that speaks directly to you . . . to tell you just what to expect . . . and how to respond . . . so as to keep yourself quite comfortable. . . ."

"You can let the time of the contraction seem to go by like a flash . . . so fast you hardly notice it except for timing it. The time between contractions can seem like a nice long time. So you have plenty of time to rest, relax and enjoy whatever you wish."

ALTERING PERCEPTIONS OF PAIN

"Erickson pointed out that when a child is hurt, it is in his entirety. Narrowing down the area to where the pain is actually felt and recognizing that all the rest of the body is free from pain enables easier management. Now a desensitization process can whittle away at it further. It is more readily accomplished a bit at a time, dimming sharpness, turning 'dull misery' into a 'wonderful weariness,' even a 'lovely lassitude' as that feeling is slowly attenuated. The 'red hot poker' effect can be cooled through 'real hot' to 'still too warm,' which is like moving away from the hot fireplace until it becomes 'comfortably warm' or 'pleasantly cool' or even 'numbingly cold'."

SOLILOQUY ON PAIN

"Give your full attention to your pain. *Try* not to let your mind wander from it—even for a moment. Find out *exactly* where it is located, exactly how it feels. Keep your mind fixed on it so you won't miss anything significant about it." [Starting with what the patient is already doing, giving full attention to his pain, the task is made more difficult by the effort it takes to keep such intense concentration. A point of no return is soon reached, after which the harder one tries, the less he succeeds. Erickson long

ago observed that when he spotted an acquaintance walking ahead of him, he could catch up, get in step, then as he slowed his steps, speeded them, turned right or left, the other would go along with his assumption of leadership quite out of awareness. Such minute observation fostered his unique communication by indirect ways which avoid resistance.]

[Now mental imagery is introduced.] "There is a building in Boston containing a circular room with a bridge across its center. Standing on the bridge is like being on the inside of a globe, with colored maps of the world on the surrounding walls. Imagine walking into such a globe with a map of your pain on its walls, lighted from outside so you get a really good look at it. The color in the area of pain shows the intensity and concentration as well as the exact area covered." [A vivid picture, painted in "living color" is easily held, easily changed with the speed of thought to stir helpful associations. It allows a search for meaning or causation without bringing material to consciousness unless the patient is ready to do so. Mental energy is thus accumulated and directed usefully.]

"Watch what happens now, as a diluting color is put into the one representing pain. It begins to fade a little, turn paler. Some neutralization seems to be occurring, as if it's being suctioned out, washed out further, rendered more harmless. It looks better. You can see more clearly what was beside it, beneath it, behind it, around it, within it. You can also see relationships of timing . . . when it began . . . when it recurs . . . in relation to what . . . and to whom." [Putting the picture into a different frame allows broader vision, possibly the taking of a new road instead of continuing in the same old rut. Yet this is done without meddling. The patient can find his own meaning when he is ready, encouraged by this understanding support.] "You wonder how long its duration really needs to be . . . to fulfill its purpose as an alerting signal . . . that something is going on that might need attention . . . some care. It's like when a hot potato is tossed to you, you find that tossing it back is better than burning your fingers. . . . It cools in the process enough to be handled comfortably."

"You tell me you have pain . . . and I know you really do have pain . . . and you know it hurts less when you relax. You *know* how to hurt. No one has taught you how *not* to hurt. I can do that. Simple relaxation can deal with as much as 40% of pain. That's almost half. As you learn to let the area go as soft, limp and floppy as a Raggedy Ann doll and keep it that way, you can *have* the pain or you can *halve* it!"

[Thus the patient is led away from being steeped in negative thinking and responses with alternatives couched in broad enough terms to allow for individual adaptation. He can learn to part with pain a little at a time or to trade it for a sensation less disturbing, less restrictive of function. While this re-education is going on, he has the option of *having* or *halving* the pain.]

PLAY ON WORDS

[To a cancer patient whose family was adamant that she not be informed of the diagnosis.] "You *know* you have pain . . . and many painful feelings too. And this pain . . . and the painful thoughts that go with it . . . can so fill your mind . . . as to drive out all other thoughts. You *know* you have pain . . . and you *know* that you know it . . . and *no* one can tell you any different. What you do *not know* . . . is that you also have areas of *no pain* . . . and you can *know* this *no-pain* . . . and the *time* of *no-pain* . . . can get *longer* and longer. . . . The *area* of no-pain can get *larger* and larger . . . so you have more and *more* no-pain . . . until you are entirely free!"

"You would like so much to say *no* to *all* pain. . . . You want your no to be a *good* no . . . the *right* no. There are many things *you* know . . . and you know others know them . . . and sometimes they *do not want* you to know *they* know them. So you do not let them know that you know them . . . to protect their feelings. There may be one person with

whom you can share what needs to be shared . . . without distress to anyone. There are so many things you *do* know that will help you to say the *right no* . . . and let you become more and *more aware* of no-pain . . . until you consistently *feel no pain*!"

Examples of Preoperative Suggestions

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1. You can enjoy an undisturbed, restful night's sleep.
2. You can awaken in the morning with feelings of calm and the anticipation of being well taken care of, and just let everyone else take complete care of you.
3. You can daydream as fully as you would like, with no need to pay attention to all the goings on in the hospital; you can ignore the noise and lights, and just be delighted (if not surprised) that there is really nothing to bother you, and nothing to disturb you.
4. During the comfort of anesthetic sleep, you can continue to let the doctors take care of you, but know that you can also do anything you need to do to increase your comfort.
5. Upon wakening, you can still let yourself daydream, without having to be clearly aware of anything except questions and requests directly made to you.
6. [If appropriate] You can enjoy comfortable, satisfying, deep breaths; free, effortless, urination; appropriate control of bleeding; uneventful healing.
7. You can be pleased to surprise the nurses when they don't get to give you medication for pain, and to enjoy noticing that there are no feelings to bother you or disturb you.

Preparation for Surgery

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INTRODUCTION

The following suggestions may be used in hypnosis with the patient, and may be tape recorded for the patient to use in tape-assisted self-hypnosis for reinforcement of the suggestions. (*Ed.*)

SUGGESTIONS

INTRODUCTION AND INDUCTION. Hello, this is Dr. Sandra Sylvester and I am here to help you prepare for your surgery. What I am going to do at this time is to speak to you a little about surgery and the healing process and also give you some instructions that will help you become more comfortable and more relaxed as you prepare for your surgery.

Now, would you please lie in a position which is very comfortable for you. Take time to arrange your body, position your pillows, so that you feel poised and balanced and very comfortable and at ease. Take a few moments to do this. Adjust your head so that you are comfortable . . . your back . . . your arms . . . your feet . . . and legs. As we continue, if you would like to change your position to become even more comfortable, please feel free to do so.

The process of coming into the hospital for surgery is a very common and routine procedure for all of us here at the hospital. But for you it may be a once in a lifetime experience. And so, if I may, I would like to talk with you about what we have learned about the healing process so that you can prepare yourself in the best possible way for your surgery.

And so to begin: As you are lying in this comfortable position, look up at the ceiling and find a spot which is easy for you to see. Just any spot on the ceiling will do. Please continue to look at that spot while I continue to speak with

you. Already as you are looking at that spot you may begin to perceive some very subtle changes in your vision. For example, you may notice that that spot becomes very easy to see. And you may also notice that the periphery of your vision surrounding that spot may begin to get hazy, so that as you keep that spot in focus, the rest of your vision moves out of focus. You may also notice that your eyes begin to tire and fatigue . . . and sometimes your eyes will indicate that by tearing. So you may notice your eyes watering a bit. You may notice that as your eyes blink, you sense a feeling of comfort come over your body in that brief moment when your eyes are closed. And as your eyes continue to tire, and they continue to blink, you will find more and more comfort and pleasure as your eyes are closing. And soon you will notice that it is more comfortable for you to just allow your eyes to close. When you notice that it is more comfortable for you to allow your eyes to close, let them close, so that you can notice the changes which occur when you have turned off your sense of vision.

FOCUSING ATTENTION AND UTILIZING HOSPITAL SOUNDS. One thing you may notice almost immediately is how easy it is to hear the words that I speak directly to you. It is also easy to hear and continue to hear all of the sounds around you. And yet, those sounds which are not important to you at this moment can fade into the background, and even though they are still there, they need not disturb you in any way. You can hear pages in the hallway and know that you do not need to listen to them. You may hear talking or sounds from your neighbor, the television set, snatches of conversations. While these go on, notice how pleasant it is to know that you need not bother to respond to anything unless it is directed specifically at you.

AUTOMATICITY, TRUSTING THE UNCONSCIOUS, AND DEEPENING. You may also notice how easy it is to begin to tune in to the rhythm of your breathing, noticing that when you are still, your body takes a rhythm of breathing which is most beneficial for you at this moment. As you inhale and exhale, your chest goes up and down in a comfortable, easy rhythm. An interesting thing about your breathing is that you breathe day and night every moment of your life without having to think about it. Your autonomic nervous system directs and controls your breathing in a comfortable way; in a way that is so much better than you could ever do consciously; in a way that occurs without any effort on your part. Your body, in a sense, breathes by itself. As you continue to breathe, you may notice that each time you exhale, you can relax more and more. Each time you exhale you can feel as if you are sinking deeply into the support of the mattress. Each time you exhale you can feel as if you are letting go of more and more muscle tension. So that each time you breathe out, it is as if you are letting go of tightness and you feel your muscles becoming soft and loose. You may experience this as a comfortable feeling of heaviness, so that each time you exhale, you feel your body becoming soft and loose and heavy. If you notice that there is any part of your body which is still tense, which is holding on to tension, imagine as you exhale, that you breathe out through that body part which was holding tension and let your breath melt the tension so that, as you breathe out, those muscles too become soft and loose and comfortable. Take a few moments to make a tour of your body, taking time to notice if there is any tension anywhere within your body. If you notice any tension in your body, take a few moments of extra care, letting yourself breathe out through that part of your body and melt the tension away.

You may also notice that your heartbeat assumes a regular, even, rhythmical pattern, which is most beneficial for you at this time. You know again that your unconscious mind directs the beating of your heart day and night, every moment of your life whether you consciously think about it or not. It is the circulation of oxygenated enriched blood throughout your body which aids very much in the healing process. And so for these few moments, just feel the rhythm of your heartbeat. You may notice somewhere within your body a pulsing,

regular, even rhythm. Sometimes your heartbeat may be so subtle that perhaps the only way to feel it is on a cellular level, for every single living cell in your body feels the regular influx of nutrients with every beat of your heart. This process also cleanses away all waste products in each and every cell in your body. And, as mentioned earlier, this process goes on automatically whether you think about it or not.

Your blood pressure lowers to a level which is best for you right now. Because you are lying down in a position of relaxation and comfort and you feel a certain sense of stillness, your blood pressure can lower. If you were to get up and move around, your blood pressure would rise so that you could carry on that activity. So the important thing about your blood pressure is that it be flexible, rising when you need it to rise and lowering when you are not doing anything which places a demand on your body.

UTILIZING INTERNAL DIALOGUE. You may also notice that as I continue to speak with you, thoughts continue to drift through your mind, as if your thoughts are like drops of water in a river. And you know, sometimes those drops of water move very quickly in the form of white water rapids, bubbling over rocks, moving very quickly downstream. Yet, in the very same river, if you walk downstream far enough, you will come to a spot in the river where the water is so deep that it is almost impossible to detect any movement at all. In fact, perhaps you cannot see the water move until you wait and watch a leaf detach itself from a branch of a tree, begin to drift downward toward the surface of the water, touch the surface of the water, pause for just a moment and then begin its journey downstream. Feel the rhythm of your thoughts without bothering to pick out any one thought to think about. Just feel the gentle drifting rhythm of your thoughts as they drift through your mind like drops of water.

DEPOTENTIATING CONSCIOUSLY TRYING. Know that at this moment there is nothing special for you to do, there are no demands being placed upon you, no expectations. There is no one to please, no one to satisfy. The only thing for you to do right now is to feel and experience the rhythms going on within your body—feeling a sense of comfortable stillness, feeling a sense of quiet deep within you, allowing your unconscious mind to work freely and easily in this process of healing.

SUGGESTIONS FOR HEALING AND REFRAMING PAIN One of the ways that your body heals itself is by circulating rich oxygenated blood to every single living cell in your body, filling that cell with nourishment and carrying away waste products and poisons, and filtering them outside of your body. This process is a process that you can participate in and facilitate. One of the ways that you can facilitate this process is to keep in mind that your body is constantly healing itself, sloughing off dead cells, nourishing that area, and growing new cells all of the time. As part of your healing process you will experience many different kinds of physical sensations. You may feel the sensation of stretching and shrinking as tissues join together and mend themselves. You may experience sensations of warmth as the healing process continues, or sensations of pressure as swelling begins to subside. It is important to know that, as your body heals itself, changes do occur and those changes may be perceived by you. You can cooperate with the work of your body by remaining calm, as you are now, continuing to breathe in a rhythmical easy rhythm, letting your breath enrich your blood supply, which in turn will carry nutrients to your cells, allowing your blood pressure to go to a level which is most beneficial to you now. If you are feeling any sense of discomfort, breathe in and out through that area so that your warm breath can soothe those muscles and allow them to feel soft and warm and relaxed. So let yourself rest and let your body take its time to heal.

Now, leaving you with these thoughts, allow yourself to continue to breathe, relaxing more and more with each breath, fully enjoying that feeling of deep comfort and peace. Allow the drifting of your thoughts to match the easy rhythm of your breathing as you inhale and exhale. Then, give to your unconscious the task of directing your healing process with the same

efficiency that it directs your respiration, digestion, and circulation—knowing that your unconscious can direct your healing process, whether or not you consciously think about it.

REALERTING. In a few moments, you will begin to rouse yourself and reorient yourself to this room. You can begin to do so when, and only when, you are ready to do so, taking all the time you need; allowing yourself to retain that feeling of comfort and a sense of well-being. As you do begin to move around a bit, you may feel sensations returning to your hands and feet. Be curious as you open your eyes, and notice how bright the colors can appear. You can feel refreshed as if you have just awakened from a long and restful sleep.

I invite you to play this tape as often as you wish so that you can use it to help put yourself in the best possible mind-set for your surgery and for the healing process, which for the next few days and weeks will be your full-time job. Thank you.

Temperature Suggestion Following Chest/Abdominal Surgery

D. Corydon Hammond, Ph.D.
Salt Lake City, Utah

You will begin to get pleasantly warm now. We have placed a heat lamp over you, which will rapidly warm your body back to normal temperature, almost as if you were snuggled up warmly in bed, or resting comfortably in a warm bath.

Suggestions for Insertion of Needles or Short Procedures

Esther E. Bartlett, M.D.
Quincy, Massachusetts

[These suggestions may be used as waking suggestions with effectiveness, or with hypnosis for even greater effectiveness.]

I'm going to wash the skin [or mucous membrane] off with some cold, wet fluid that will wash away *most* of the feeling . . . right here [rubbing the area briskly and thoroughly with alcohol or any antiseptic], so that what I do is not a bit important to you . . . [giving the skin a few flicks of the fingernail to complete the anesthesia, washing again with the antiseptic and rapidly inserting the needle].

Switching Off the Senses

Bertha P. Rodger, M.D.
Palm Harbor, Florida

1. Assume a *COMFORTABLE* and *BALANCED* position. Allow your body *STAY STILL* and *NOTICE* how much quieter and more *COMFORTABLE* you become as the sense of *MOVEMENT*, is *SHUT OFF.*
2. *REST* your *EYES*, on a spot or *GAZE* into space, *NARROWING* the *FIELD* of *VISION*, decreasing *DISTRACTION*, with less stimulation from *OUTSIDE* your body, you *CENTER* it more and more on *INNER REALITIES*. You become *MORE QUIET*. Your body *KNOWS HOW* when you *SET THE STAGE* for it and *ALLOW* the quietness to come to you and *ALL THROUGH* you, very, very pleasantly. *NOTICE* these feelings. They are *UNIQUE* to you.
3. Let you eyes *CLOSE* and *STAY* closed. You begin to feel a familiar *DROWSY*, *DREAMY*, *SLEEPY* feeling. Yet you are neither asleep nor in the process of going to sleep. You are *ALERT* to whatever is *IMPORTANT*, *UNDISTURBED* by the unimportant. It is a *PURPOSEFUL FOCUSING* of attention. *DISCOVER* how infinitely more *COMFORTABLE* it is.
4. Pay attention to the *WEIGHT* of one *ARM* . . . perhaps your *DOMINANT* one. *SENSE* the heaviness of its bones, muscles, soft tissue, blood vessels. *NOTE* the pleasant feeling that it is really *TOO MUCH*

BOTHER to move even to lift a little finger! You feel a *LOVELY LASSITUDE*, perhaps even a *WONDERFUL WEARINESS*!

5. Note that *BOTH ARMS* are *ACTUALLY HEAVY*. Are they *EQUALLY* so? Which is heavier? Which is *LIGHTER*? Perhaps you *LIKE* the *LIGHTNESS* better? Pay attention to *ALL* the feelings of lightness. *REMEMBER* a time you felt a *DELIGHTFUL* lightness . . . of *FLOATING* . . . like a *FEATHER* on a gentle breeze . . . a *LEAF* on the water . . . a *BIRD* on the wind, soaring *EFFORTLESSLY*.
6. While you rest and relax so comfortably, *NO FEELING* need *DISTURB* you. You can *RECOGNIZE* any feeling but need not pay *ATTENTION* to it . . . nor *REACT* to it *UNLESS* it is *REALLY* important to do so. You can do whatever is *NEEDFUL* in response without being bothered by any feeling, physical or emotional.
7. *NO SOUND* need *DISTURB* you. There is no interference with hearing. You need not *REACT* to it *UNLESS* it is important. Many can sleep through a thunderstorm but awaken to the cry of a tiny baby. *ANY SOUND* can be the *SIGNAL* to go more deeply into the *STATE OF COMFORT*.
8. *NOTICE* that your *BREATHING* becomes more *CALM*, *DEEP* AND *EASY*. Your *HEART* beat becomes *CALM*, *STRONG*, and *REGULAR*. Measurements would show your *BLOOD PRESSURE* coming *TOWARD NORMAL* where it *STABILIZES*, responding appropriately to changing needs. A pleasant feeling of *WARMTH* pervades your entire being . . . as if your personal *THERMOSTAT* is turned to exactly the right temperature. *COMFORT FLOWS* through your whole being. You feel *CALM* . . . *CONTENTED* . . . *SAFE* . . . *SECURE*. These feelings *STAY* with you even when you return to another state of *ALERTNESS*.
9. As a way of *REORIENTING* yourself quickly and pleasantly . . . *WHEN* you are *READY* . . . you can say to yourself as you *BREATHE OUT* . . . "*WAKE*" . . . and as you *BREATHE IN* . . . "*UP*" . . . and return *FULL* of *VIGOR*.

Rapid Induction Analgesia

Joseph Barber, Ph.D.
Los Angeles, California

INTRODUCTION AND INDICATIONS

[Elicitation of cooperation] I'd like to talk with you for a moment to see if you'd like to feel more comfortable and relaxed than you might expect. Would you like to feel more comfortable than you do right now?

I'm quite sure that it will seem to you that I have really done nothing, that nothing has happened at all. You may feel a bit more relaxed, in a moment, but I doubt that you'll notice any other changes. I'd like you to notice, though, if you're surprised by anything else you might notice. OK, then . . . the really best way to *begin feeling more comfortable* is to just begin by sitting as comfortably as you can right now . . . go ahead and adjust yourself to the most comfortable position you like [Initiation of deep relaxation] . . . that's fine. Now I'd like you to notice how much more comfortable you can feel by just taking one very big, satisfying deep breath. Go ahead . . . big, deep, satisfying breath . . . that's fine. You may already notice *how good that feels* . . . how warm your neck and shoulders can feel. . . . Now, then . . . I'd like you to take four more very deep, *very comfortable* breaths . . . and, as you exhale, notice . . . just notice how comfortable your shoulders can become . . . and notice how comfortable your eyes can feel when they close . . . and when they close, just let them stay closed [Eye closure] . . . that's right, just notice that . . . and notice, too, how when you exhale, you can just *feel that relaxation beginning to sink in*. . . . Good, that's fine . . . now, as you continue breathing, comfortably and deeply and rhythmically, all I'd like you to do is

to picture in your mind . . . just imagine a staircase, any kind you like . . . with 20 steps, and you at the top. . . . Now, you don't need to see all 20 steps at once, you can see any or all of the staircase, any way you like . . . that's fine. . . . Just notice yourself, at the top of the staircase, and the step you're on, and any others you like . . . however you see it is fine. . . . Now, in a moment, but not yet, I'm going to begin to count, out loud, from one to 20, and . . . as you may already have guessed . . . as I count each number I'd like you to take a step down that staircase . . . see yourself stepping down, feel yourself stepping down, one step for each number I count . . . and all you need to do is notice, just notice, how much more comfortable and relaxed you can feel at each step, as you go down the staircase . . . one step for each number that I count . . . the larger the number, the farther down the staircase . . . the farther down the staircase, the more comfortable you can feel . . . one step for each number . . . all right, you can begin to get ready . . . now, I'm going to begin. . . . [saying each number with the initiation of subject's exhalation, watching for any signs of relaxation and commenting on them] *ONE* . . . one step down the staircase . . . *TWO* . . . two steps down the staircase . . . that's fine . . . *THREE* . . . three steps down the staircase . . . and maybe you already notice how much more relaxed you can feel. . . . I wonder if there are places in your body that feel more relaxed than others . . . perhaps your shoulders *feel more relaxed* than your neck . . . perhaps your legs feel more relaxed than your arms. . . . I don't know, and it really doesn't matter . . . all that matters is that you feel comfortable . . . that's all. . . . *FOUR* . . . four steps down the staircase, perhaps feeling already places in your body beginning to relax. . . . I wonder if the deep relaxing, restful heaviness in your forehead is already beginning to spread and flow . . . down, across your eyes, down across your face, into your mouth and jaw . . . down through your neck, deep, restful, heavy . . . *FIVE* . . . five steps down the staircase . . . a quarter of the way down, and already beginning, perhaps, to really, really enjoy your relaxation and comfort . . . *SIX* . . . six steps down the staircase . . . perhaps beginning to notice that the sounds which were distracting become less so . . . that all the sounds you can hear become a part of your experience of comfort and relaxation . . . anything you can notice becomes a part of your experience of comfort and relaxation . . . *SEVEN* . . . seven steps down the staircase . . . that's fine . . . perhaps noticing the heavy, restful, comfortably relaxing feeling spreading down into your shoulders, into your arms . . . [confusingly, permissively eliciting arm heaviness]. I wonder if you notice one arm feeling heavier than the other . . . perhaps your left arm feels a bit heavier than your right . . . perhaps your right arm feels heavier than your left . . . I don't know, perhaps they both feel equally, comfortably heavy. . . . It really doesn't matter . . . just letting yourself become more and more aware of that comfortable heaviness . . . or is it a feeling of lightness? . . . I really don't know, and it really doesn't matter . . . *EIGHT* . . . eight steps down the staircase . . . perhaps noticing that, even as you relax, your heart seems to beat much faster and harder than you might expect, perhaps noticing the tingling in your fingers . . . perhaps wondering about the fluttering of your heavy eyelids . . . [Each number, each suggestion of heaviness enunciated as though the hypnotist, too, is becoming intensely relaxed] *NINE* . . . nine steps down the staircase, breathing comfortably, slowly, and deeply . . . restful, noticing that heaviness really beginning to sink in, as you continue to notice the pleasant, restful, comfortable relaxation just spread through your body . . . *TEN* . . . ten steps down the staircase . . . halfway to the bottom of the staircase, wondering perhaps what might be happening, perhaps wondering if anything at all is happening [Integration of sighing with enunciation is helpful . . . watch for responsiveness] . . . and yet, knowing that it really doesn't matter, feeling so pleasantly restful, just continuing to notice the growing, spreading, comfortable relaxation . . . *ELEVEN* . . . eleven steps down the

staircase . . . noticing maybe that as you feel increasingly heavy, more and more comfortable, there's nothing to bother you, nothing to disturb you, as you become deeper and deeper relaxed . . . *TWELVE* . . . twelve steps down the staircase. . . . I wonder if you notice how easily you can hear the sound of my voice . . . how easily you can understand the words I say [Suggestion to pay attention] . . . with nothing to bother, nothing to disturb . . . *THIRTEEN* . . . thirteen steps down the staircase, feeling more and more the real enjoyment of this relaxation and comfort . . . *FOURTEEN* . . . fourteen steps down the staircase . . . noticing perhaps the sinking, restful pleasantness as your body seems to just sink down, deeper and deeper into the chair, with nothing to bother, nothing to disturb . . . as though the chair holds you, comfortably and warmly . . . *FIFTEEN* . . . fifteen steps down the staircase . . . three-quarters of the way down the staircase . . . deeper and deeper relaxed, absolutely nothing at all to do . . . but just enjoy yourself [More and more directly suggesting enjoyment of the experience . . . more taking for granted the fact of the relaxation] . . . *SIXTEEN* . . . sixteen steps down the staircase . . . wondering perhaps what to experience at the bottom of the staircase . . . and yet knowing how much more ready you already feel to become deeper and deeper relaxed . . . more and more comfortable, with nothing to bother, nothing to disturb . . . *SEVENTEEN* . . . seventeen steps down the staircase . . . closer and closer to the bottom, perhaps feeling your heart beating harder and harder, perhaps feeling the heaviness in your arms and legs become even more clearly comfortable . . . knowing that nothing really matters except your enjoyment of your experience of comfortable relaxation, with nothing to bother, nothing to disturb [18-20 said more slowly, as though in increasing anticipation of being at the bottom] . . . *EIGHTEEN* . . . eighteen steps down the staircase . . . almost to the bottom, with nothing to bother, nothing to disturb, as you continue to go deeper and deeper relaxed . . . heavy . . . comfortable . . . restful . . . relaxed . . . nothing really to do, no one to please, no one to satisfy . . . just to notice how *very comfortable* and heavy *you can feel*, and continue to feel as you continue to breathe, slowly and comfortably . . . restfully . . . *NINETEEN* . . . nineteen steps down the staircase . . . almost to the bottom of the staircase . . . nothing to bother, nothing to disturb you as you *continue to feel more and more comfortable*, more and more relaxed, more and more rested . . . more and more comfortable . . . just noticing . . . and now . . . *TWENTY* . . . bottom of the staircase . . . *deeply, deeply relaxed* . . . deeper with every breath you take . . . as I talk to you for a moment about something you already know a lot about . . . remembering and forgetting [Amnesia suggestions] . . . you know a lot about it, because we all do a lot of it . . . every moment, of every day you remember . . . and then you forget, so you can remember something else . . . you can't remember everything, all at once, so you just let some memories move quietly back in your mind . . . I wonder, for instance, if you remember what you had for lunch yesterday . . . I would guess that, with not too much effort, you can remember what you had for lunch yesterday . . . and yet . . . I wonder if you remember what you had for lunch a month ago today . . . I would guess the *effort is really too great* to dig up that memory, though of course *it is there* . . . somewhere, deep in the back of your mind . . . no need to remember, so *you don't* . . . and I wonder if *you'll be pleased* to notice that the things we talk about today, with your eyes closed, are things which you'll remember tomorrow, or the next day . . . or next week . . . I wonder if you'll decide to let the memory of these things rest quietly in the back of your mind . . . or if you'll remember gradually, a bit at a time . . . or perhaps all at once, to be again resting in the back of your mind . . . perhaps you'll be surprised to notice that the reception room is the place for memory to surface . . . perhaps not . . . perhaps you'll notice that it is more

comfortable to remember on another day altogether . . . it really doesn't matter . . . doesn't matter at all . . . whatever you do, however you choose to remember . . . is just fine . . . absolutely natural . . . doesn't matter at all . . . whether you remember tomorrow or the next day, whether you remember all at once, or gradually . . . completely or only partially . . . whether you let the memory rest quietly and comfortably in the back of your mind . . . really doesn't matter at all . . . and, too, I wonder if you'll notice that you'll *feel surprised* that your visit here today is so much *more pleasant* and comfortable than you might have expected [Analgesia suggestions] . . . I wonder if you'll *notice that surprise* . . . that there are *no other feelings* . . . perhaps you'll feel curious about that surprise . . . surprise, curiosity . . . I wonder if you'll *be pleased* to notice that today . . . and any day . . . whenever you feel your head resting back against the headrest [Direct posthypnotic suggestion for analgesia] . . . when you feel your head resting back like this . . . you'll feel reminded of how very comfortable you are feeling right now . . . even more comfortable than you feel even now . . . comfortable, relaxed . . . nothing to bother, nothing to disturb . . . I wonder if you'll be reminded of this comfort, too, and relaxation, by just noticing the brightness of the light up above . . . perhaps *this comfort and relaxation* will come flooding back, quickly and automatically, whenever you find yourself beginning to sit down in the dental chair . . . *I don't know* exactly how it will seem . . . I only know, as perhaps you also know . . . that your experience will seem surprisingly *more pleasant*, surprisingly *more comfortable*, surprisingly *more restful* than you *might expect* . . . with nothing to bother, nothing to disturb . . . whatever you are able to notice . . . everything *can be a part* of being absolutely comfortable [Every sensation creates the analgesic experience (nothing detracts from it)] . . . and I want to remind you that whenever [doctor's name] touches your right shoulder, like this . . . whenever it is appropriate, and only when it is appropriate . . . whenever [doctor's name] touches your right shoulder, like this . . . or whenever I touch your right shoulder, like this . . . you'll experience a feeling . . . a feeling of being ready to do something [Posthypnotic suggestion for a variety of behaviors, but with purpose of developing a trance . . . and with implication for analgesia] . . . whenever I touch your right shoulder, like this . . . or whenever [doctor's name] touches your right shoulder, like this . . . you'll experience a feeling . . . a feeling of being ready to do something . . . perhaps a feeling of being ready to close your eyes . . . perhaps a feeling of being ready to be even more comfortable . . . perhaps ready to know even more clearly that there's nothing to bother, nothing to disturb . . . perhaps ready to become heavy and tired. . . . I don't know . . . but whenever I touch your right shoulder, like this . . . you'll experience a feeling . . . a feeling of being ready to do something . . . it really doesn't matter . . . perhaps just a feeling of being ready to be even more surprised . . . it doesn't really matter . . . nothing really matters but your experience of comfort and relaxation . . . absolutely deep comfort and relaxation . . . with nothing to bother and nothing to disturb . . . that's fine. . . . And now, as you continue to enjoy your comfortable relaxation, I'd like you to notice how very nice it feels to be this way . . . to really enjoy your own experience, to really enjoy the feelings your body can give you . . . [Preparation for end to this comfortable experience] and in a moment, but not yet . . . not until you're ready . . . but in a moment, I'm going to count from one to 20 . . . and as you know, I'd like you to feel yourself going back up the steps . . . one step for each number . . . you'll have all the time you need . . . after all, time is relative . . . feel yourself slowly and comfortably going back up the steps, one step for each number I count . . . more alert as you go back up the steps, one step for each number I count . . . when I reach three, your eyes will be almost ready to open . . . when I reach two, they will have opened . . . and, when I reach

one, you'll be alert, awake, refreshed . . . perhaps as though you'd had a nice nap . . . alert, refreshed, comfortable . . . and even though you'll still be very comfortable and relaxed, you'll be alert and feeling very well . . . perhaps surprised, but feeling very well . . . perhaps ready to be surprised . . . no hurry, you'll have all the time you need, as you begin to go back up these restful steps. [Numbers on inhalation . . . lilting, arousing intonations . . . more quickly at first . . . watch for responsiveness] *TWENTY* . . . *NINETEEN* . . . *EIGHTEEN* . . . that's right, feel yourself going back up the steps . . . ready to be surprised, knowing what you had for lunch yesterday, and yet . . . *SEVENTEEN* . . . *SIXTEEN* . . . *FIFTEEN* . . . a quarter of the way back up, more and more alert . . . no rush, plenty of time . . . feel yourself becoming more and more alert [If no apparent arousal, slow down, inject more suggestion for arousal] . . . *FOURTEEN* . . . *THIRTEEN* . . . *TWELVE* . . . *ELEVEN* . . . *TEN* . . . halfway back up the stairs . . . more and more alert . . . comfortable but more and more alert . . . *NINE* . . . that's right, feel yourself becoming more and more alert . . . *EIGHT* . . . *SEVEN* . . . *SIX* . . . *FIVE* [After 5, increasingly slowly . . . repeat suggestions for arousal and positive experience] . . . *FOUR* . . . *THREE* . . . that's right . . . *TWO* . . . and *ONE* . . . That's right, wide awake, alert, relaxed, refreshed . . . that's fine. How do you feel? Relaxed? Comfortable?

Surgical and Obstetrical Analgesia

Ernest L. Rossi, Ph.D., and
David B. Cheek, M.D.
Malibu, California, and Santa Barbara, California

1. *Accessing unconscious control of analgesia*
   a. "Walk into an imaginary, cold lake until the water reaches your knees. When you feel the cold, your yes finger will life unconsciously. Tell me when you are feeling cold from your knees down."
   b. "When you are in cold water, you soon get used to it. It is no longer cold. You are about half as sensitive as you usually are. If you stubbed a toe or bumped your shin, you would feel a bump but there would be no pain. Your no finger will lift to let you know when you are half as sensitive as you were at first."
   c. "Now walk in until you feel the cold water up to your ribs. When you feel cold from your ribs to your knees, your yes finger will lift. When you are numb from your ribs down to your toes, your no finger will lift."
   d. "Now press your left thumb and index finger together. This associates instant coolness and numbness, and you will be able to do this with increasing speed every time you repeat this exercise."
   e. "Now loosen your pressure on the left hand, and press the index finger and thumb on your right hand to bring back, instantly, all the feelings that have been cool and numb."
   f. "Practice this at home until you know you can reproduce these sensation changes any time you wish."
2. *Therapeutic facilitation*
   a. Have patient repeat exercise until confidence is assured.
   b. Explain that making labor more like the work of sawing wood than like a long arduous experience will allow the baby to be born feeling welcome and free of guilt.
   c. "By turning off unconscious, painful stimuli, you will heal without inflammation and will be able to go home sooner."
3. *Ratifying and extending new ability*
   "Learning this skill will not only make your immediate task easier, but also will aid you in meeting unrelated tasks with confidence in the future."

Techniques for Surgery

William S. Kroger, M.D.
Palm Springs, California

REHEARSAL TECHNIC FOR SURGERY

[During a typical rehearsal session for abdominal surgery the patient is told:] Now your skin is being sterilized." [At this time the abdomen is swabbed with an alcohol sponge.] I am now stretching the skin and making the incision in the skin. [The line of incision is lightly stroked with a pencil.] Now the tissues are being cut. Just relax. You feel nothing, absolutely nothing. Your breathing is getting slower, deeper and more regular. Each side of the incision is being separated by an instrument. [The skin and the muscles are being pulled laterally from the midline.] Now a blood vessel is being clamped. [A hemostat is clicked shut.] You will feel absolutely no discomfort. You are calm, quiet and relaxed. Your breathing is getting slower, deeper, and more regular. Just relax! Now I am going deeper and entering the abdominal cavity." [For the peritoneum, suggestions of relaxation and assurances of complete pain relief are repeated several times.] Just relax. You are getting deeper and deeper relaxed: your heartbeat is getting slower and more regular. Just relax. You feel nothing, absolutely nothing. [The viscera are relatively insensitive to cutting. One does not have to worry about pain. However, the patient has to be prepared for the discomfort produced by pulling and torsion of the abdominal organs.]

[The steps for closure of the peritoneum, muscles, fascia and skin are also described in a similar manner. There are really only three times when pain can be expected: when the skin is incised, when the peritoneum is incised, and when one is tugging on the viscera.]

MAINTENANCE OF HYPNOANESTHESIA DURING SURGERY

[The following is a verbalization for maintaining hypnosis:] All the muscles in your body are relaxed, and, with every breath you take, you will find yourself going deeper and deeper relaxed. You are doing just fine. Just relax all the muscles of your abdomen and chest. You are breathing slower, deeper, and more regular. That's right. In and out . . . in and out. Going deeper and deeper relaxed. You feel nothing except a little pressure. The more relaxed you are, the less tension you have, the less discomfort you will have. [Frequently there is a slight trembling of the eyelids. This often is indicative of deep hypnosis. One can use this objective sign to deepen the hypnosis, as follows:] I notice that your lids are now trembling. That's a good sign. And, as they continue to tremble, you will go deeper and deeper relaxed. You will feel yourself falling, falling, deeper and deeper relaxed with every breath you take. Remember, if you want to open your eyes at any time, you may. Voices won't bother you.

[Production of catalepsy by light stroking of the skin frequently minimizes capillary bleeding, probably as the result of vasospasm. Here the law of dominant effect is put to use: a psychological suggestion is enhanced by a physiological effect. As the region that is going to be operated on is stroked light, I remark:] This area is getting very stiff, cold and numb. Think, feel and imagine that there is an ice cube on your skin. Now it is getting more numb and colder. Numb and cold. Very, very cold. [This verbalization and the stroking are most advantageous where bleeding from the skin is expected. If the hypnosis fails during surgery, one can easily switch to intravenous or inhalation anesthesia. It is always advisable to have these available for prompt use.]

POSTOPERATIVE VERBALIZATION FOR DEHYPNOTIZATION

[Patients are dehypnotized as follows:] You will feel just as if you have awakened from a deep sleep, but, of course, you were not asleep. You will be very, very relaxed. Any time in the future when I touch you on the right shoulder, if I have your permission, you will close your

eyes and let your eyeballs roll up into the back of your head. Then you will count backward from 100 to zero slowly, and you will go deeper and deeper relaxed with every breath you take and every number you count. You will find that the period after your operation will be a very pleasant one. Should you have any discomfort in and around the wound, you may use the glove anesthesia which you learned to develop to "knock it out." You will be able to relax and sleep soundly. Should you require medication for sleep, it will make you very sleepy. You will not hesitate to eat the food given to you, and as a matter of fact, you will relish every bite. You will be very, very hungry. The more nutritious food you are able to consume, the faster your tissues will heal. I am going to count to five and you will open your eyes. [Dehypnotization should be done slowly:] You will feel completely alert, refreshed, and wonderful after you open your eyes. One, you are feeling fine. Two, more alert. Three, still more alert. Four, sound in mind, sound in body, no headache. Five, open your eyes. You feel wonderful.

EGO-STRENGTHENING: ENHANCING ESTEEM, SELF-EFFICACY, AND CONFIDENCE

INTRODUCTION

THE CONCEPT OF "ego-strengthening" was popularized by John Hartland (1971). His ego-strengthening approach, reprinted later in this chapter, simply consisted of generalized supportive suggestions. Their purpose was to increase the patient's confidence and belief in him or herself, enhance general coping abilities, and minimize anxiety and worrying. It was his common practice to give ego-strengthening suggestions as part of almost every induction, seeking to reinforce self-reliance and a positive self-image.

Although not a practitioner of hypnosis, Bandura (1977) and others (e.g., Marlatt & Gordon, 1985) have emphasized the concept of self-efficacy: the expectation and confidence of being able to cope successfully with various situations. This has come to be a key concept in the emerging field of relapse prevention. Individuals with high self-efficacy perceive themselves as being in control.

In the helping professions we have a relatively limited number of interventions available to us for increasing self-esteem and self-efficacy. We may give patients positive feedback and compliment them, but they often discount such comments. Cognitive therapists of various persuasions have provided us with some methods for helping patients examine assumptions and irrational thinking patterns that undermine esteem. Traditional insight-oriented approaches to therapy examine the historic roots of one's self-image, and can be effective but sometimes rather time-consuming. Behaviorists (Bandura, 1981) emphasize that self-efficacy is increased by engineering success experiences for patients, but this is often quite difficult to accomplish. Roleplaying and mental rehearsal techniques which may also

enhance coping abilities, have more recently been emphasized by behaviorists (Marlatt & Gordon, 1985) as methods for increasing self-efficacy expectations for specific situations.

Hypnotic techniques offer the clinician an abundance of other options for enhancing self-esteem and self-efficacy: rapid unconscious exploration and working through of the roots of self-image problems; obtaining unconscious commitments from the patient (as modeled by Barnett's approach); direct suggestions and indirect suggestions and metaphors; positively-focused age regression to successful and happy life experiences; age progression and mental rehearsal; hypnotic conditioning techniques (e.g., the clenched fist technique); symbolic imagery techniques; methods for altering imprinted ideas (as modeled in one of T.X. Barber's contributions); the use of trance ratification procedures to convince the patient of the power of his own mind and inner potentials; the use of personalized self-hypnosis tapes to provide regular reinforcement of suggestions; learning self-hypnotic self-management skills for coping with anxiety, anger or other emotions; hypnotic reinforcement of cognitive (e.g., rational-emotive) therapy concepts; and hypnotic reinforcement and facilitation through posthypnotic suggestions of positive internal dialogue and self-talk.

The enhancement of feelings of esteem and self-efficacy has been found to be a powerful tool in working with a great diversity of patients and problems: depression, low self-esteem, overemotionality, substance abuse, posttraumatic stress disorder and victimization; patients with developmental deficits, anxiety and phobic disorders, grief reactions, coping with chronic illness; athletes, business executives, students, children, and patients with eating and habit disorders. In this chapter you will find a tremendous diversity of options for increasing esteem and efficacy.

Ego-Strengthening

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INTRODUCTION

John Hartland pointed out that only a few patients will let go of their symptoms before they feel confident and strong enough to do without them. Hartland's ego-strengthening techniques are comprised of positive suggestions of self-worth and personal effectiveness. I view ego-strengthening as analogous to the medical setting in which a patient is first strengthened by proper nutrition, general rest, and weight gain before a radical form of surgery is performed. At times his condition strengthens to the point that an infection is cured due to the strengthening of the patient's immune system. At times just the mere teaching of self-hypnosis for relaxation and calmness and the use of ego-strengthening techniques may be enough so that a patient's symptoms spontaneously disappear.

In my opinion, ego-strengthening is a technique that is indicated for all patients who come to us looking for an alleviation of their suffering regardless of what their symptoms are. It is like saying that healthy and good nutrition is helpful to all patients regardless of what their diagnosis or illness is. After I teach the patient self-hypnosis, I then introduce ego-strengthening suggestions. Later, I ask the patient to repeat after me specific statements of

ego-strengthening. The following is a verbatim example of suggestions given, following induction, to a patient recovering from depression.

SUGGESTIONS

With each breath as you exhale, this calmness becomes stronger and stronger, spreading all the way from your head down to your toes, from top to bottom, inside out and outside in, immersing you in an ocean of calmness. An ocean of calmness . . . that's right. And as that continues, peace and serenity are taking you over, inside and outside, thus putting your mind and body in sync with each other. Creating a special state of internal harmony, and peace, and serenity. That's right. That's right. As you continue to sit here and listen to me, there is this center core within your unconscious mind that's logical and rational, cool and collected, calm and relaxed, clever and wise . . . the one that wants you to heal and recover and get well as a whole person. That's right, very intelligent and very knowledgeable. In fact, it knows so much that your conscious mind doesn't even know how much it doesn't know.

This center core within your unconscious mind has always been there with you, since the time you were a little child. It has helped you survive difficult predicaments in the past, and will continue to help you in the future. People refer to this center core in your unconscious as the inner guide or the internal adviser. Some refer to it as the higher self, and others as the guardian angel. But regardless of the name of what it is or how you call it, it has this very special function of guiding you from within, to continue to find your own way for self-actualization, your own way to learn the difference between the past and the present. This will allow you to remember what you need to remember about the past and what happened to you. And once you do remember, in fact, you have been an ingenious survivor, rather than a victim of unfortunate circumstances. That's right, and now you can let go of these memories. And know that you have memories of the past, you know that you don't have to be the memories themselves. That's right. You can be free of the past and live better in the present, more adaptively, coping more effectively with the tasks of daily living . . . knowing that every day, in every way, you are continuing to get better and better, to see things more clearly, knowing that you are moving forward. Becoming stronger, wiser, improving your understanding of life and the purpose of living in your special role in your family and society.

You continue to strive for accomplishments, but at the same time, strike a very special balance between your career, life, and your family life. You strike a very special balance between time and energy you spend in accomplishing your goals, and the time and energy you spend in protecting and improving your relationships with other people. In doing that, you learn to accept yourself as you are, respect your thinking, your feelings, your emotions, and develop a sense of pride and self-worth. You become more authentic and develop greater courage to assertively express your needs in an adaptive way, as you relate to other people in the workplace and in the family. You develop a new sense of balance and moderation between leading a life of structure and commitment, and a life of playfulness and spontaneity. As you continue to move forward, you learn to accept yourself with grace and ease, viewing yourself in a positive light, developing greater confidence, your talents, your gifts, your skills, and your attitudes and abilities.

You have the capacity to visualize yourself in the future, living up to your dreams with a sense of joy and accomplishment. Now, all of the things I have said, you do not have to fully remember if you don't want to, or you don't need to remember them, but your unconscious mind and the center core will continue to guide you like an internal coach, even when you are asleep at night. This will continue every moment of the hour, every hour of the day and night . . . every day and night of the week . . . every week of the month . . . every month of the year, every year for the rest of your life.

And as you continue to move forward, you begin to realize that life is a journey, and that the goal of living is not traveling to a specific destination, but the journey itself becomes your destination, and the quality, grace, and form in which your travel on this journey we call life, is in itself the goal of living, and in doing so you are writing the book of your own journey.

Now take a deep, deep breath again. Let the air out slowly, that's right, and I want you to know that you have the capacity to use this specific technique for self-hypnosis on your own, anytime you want to. In doing so, you will reinforce again and again this specific technique, boosting your ego and your whole self, as a whole person. And now I will slowly count together with you from three to one, and when we get to one, your eyes open and they come back to focus. You will be fully alert, awake, and oriented, knowing exactly where you are and what you need. You will know what you want to do after the session to function adaptively in the tasks of your daily living, knowing that you have the capacity to do this again on your own as you come out of this exercise of hypnosis.

[The patient is then realerted. This technique is followed by a brief discussion of the patient's experience and what it was like. This will allow him to ask questions or clarify certain issues.]

An Example of Positive Suggestions for Well-Being

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[The illustrative suggestions, as presented below, are an example of the kinds of positive suggestions that we have used in conjunction with many other suggestions in the treatment of smoking and obesity.]

The key to your success is confidence . . . confidence in yourself . . . confidence in your ability to do . . . whatever you truly want to do . . . confidence that you can and will accomplish your goals through the power of your own mind . . . the power of your own thoughts. What you tell yourself has the greatest of power over your life. . . . What you tell yourself determines whether you feel cheerful, or gloomy and worried . . . and the way you feel, whether you feel joyous, or sad and worried, determines, to a great extent, the health and well-being of your physical body. When you are bothered and unhappy, your body simply cannot function properly. What you tell yourself has an enormous impact on your life. . . . What you tell yourself ultimately determines what you are and are not able to do.

Now, tell yourself that your life is just starting, and that from this day on you will begin to live fully, moment by moment, and really appreciate and enjoy being alive each moment. Tell yourself that you will no longer worry unnecessarily, either about things that happened in the past or about what might happen in the future, *unless* there is something constructive you can do to change them . . . because the past and the future exist only in our thoughts . . . life exists only in each moment. If you spend your moments worrying about the past or the future, these moments, which are your life, pass you by. So, let yourself become deeply involved in each moment . . . deeply involved in everything that is happening around you . . . less conscious of yourself—and more at peace with yourself and with the world. Tell yourself that with each passing day, you will feel happier, more content, more joyous, more cheerful, because you choose to feel this way by controlling your thinking. And because you feel this way, life will be more fun. . . . you will enjoy each day. . . . and you will become more and more healthy, as your body functions easily in a tension free environment.

Day by day, let yourself feel more alive, more energetic, and at the same time, less tense, less nervous, less worried or anxious. Tell yourself that your mind and body are relaxed, calm, and

you are at peace with the universe. And because you are calm and at ease, you will have greater energy and your mind will be clearer, and sharper, and more focused. Consequently, you will be able to see problems in perspective and handle them easily, efficiently, effectively, and confidently, without becoming bothered or tired out.

Above all, stop telling yourself that you can't do something which you want very much to do [such as stopping smoking or losing weight]. As long as you tell yourself you can't do it, you can't. Instead, tell yourself that even if it is difficult, you will be able to do it. When you tell yourself that you can and will, you have taken the first step towards accomplishing what you want to accomplish. And you will find that you can and will accomplish your goal. These things that you will now be telling yourself will begin to affect your life more and more. They will affect the way you feel about yourself, and the way you feel about your life, and consequently will affect every aspect of your life.

Positive Suggestions for Effective Living

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INTRODUCTION

I'm going to present positive suggestions for effective living that we use with a wide variety of clients. These suggestions are especially made to emphasize that life can be a little different, that people can live more effectively; they can enjoy more, they can see things in a better way, they can feel better about themselves. We have found these kind of general suggestions to be useful with a wide variety of individuals. We use them when we're trying to help someone stop smoking, when we're trying to help someone lose weight, when we're trying to help somebody who's depressed. Almost always somewhere in the sessions, we give some of these kinds of suggestions. We make a tape for each client which includes these suggestions, tailoring the tape to fit that person's needs. It should be clear that these are by no means the only kind of suggestions that we use in our therapeutic endeavors. We use a wide variety of suggestions and a wide variety of procedures and techniques.

POSITIVE SUGGESTIONS FOR EFFECTIVE LIVING

[We begin by asking the client to sit quietly, close the eyes, and begin to relax. Then we go on somewhat as follows.]

Let yourself begin to relax and feel calm, with peace of mind. Just feel yourself at ease, tranquil, at peace, relaxed. Take a deep breath, just take a deep breath, and as you let out the breath, feel all the tensions leaving, you feel at peace, calm, and at ease. All bothers, worries, anxieties, just fading away, just gone far away. There's lots of time, feel your mind at peace, calm, at peace, relaxed and at ease—that your mind becomes calm, your mind and body are at ease, peaceful and relaxed. Become more and more ready to retain those ideas that I will give you, as you will let them go deep in the back of your mind, and you will use them as you wish throughout your life. Every day, beginning now, you'll feel this way, calm, and at peace, while you're interacting, while you're working, while you're doing, you'll still feel peaceful, calm and at ease. Be able to enjoy life now, with peace of mind, at peace with the universe, a feeling of peace and tranquility. And a feeling of it's so good to be alive, with peace of mind. At peace with everyone around you, relaxed and calm and at ease, and enjoying every moment of living. Starting now, a feeling of underlying happiness, and peace of mind can be with you, can be with everyone in the universe, because we make it ourself, as we let our mind be calm, and relaxed. As we become more calm, and relaxed, you feel a kind of underlying energy also. The relaxation and calmness fits in

with energy, vitality, being fully alive, at all times and in all situations. More and more, starting today, you'll feel more and more calm, at ease, and at peace, feeling so good to be alive. So good to be vibrant, energetic, vital, healthy, and strong, alive and vibrant, able to flow with everything around you, every day, and to enjoy every day, more and more, to enjoy every aspect of every day, as you feel peaceful, and calm, and at ease, with energy, with vitality, feeling the strength and energy in your being, feeling the flowing and vibrations and energetic flow of your life.

SEEING AND APPRECIATING THE WORLD ANEW

With peace of mind, calm, and at ease, being able to look out at every part of the universe, at every person around you, at every flower and tree and plant, grass and children, and in a new way, as you begin, starting now, to see the world in a new way, with a freshness, and wonder, and awe of a little child. You begin now to see the world again as you once did when you were an unspoiled child, and you can regain that capacity again, to see and appreciate everything freshly, and naively, in a simple way as you can begin once again to see things anew, fresh, wonderful, clean. Now you can begin to look at every sunrise as if it's the first sunrise you've ever seen, and every sunset, and you will see the colors, and the wonder, and the beauty surrounding you again, as if it's the first time you've ever seen it.

Starting now, every bird that you see will be as if you've never seen a bird before, as if you're a new child, and you're beginning again to look with wonder and amazement at the world around you. You see every bird in a new way, and every tree, and the leaves on the tree, and the seeds on the tree, and the bark on the tree, and the green leaves and the sun shining, and the grass around you, you'll be able to see it in a new way, fresh, with wonder and awe. As you gain the capacity to appreciate everything as you once did. Everything that's become stale over the years will no longer be stale for you, as you become aware again that we can be the way we were once, looking at each thing as miraculous, as beautiful, as wonderful as the first time we ever saw them, when we were children.

As if we're here now, again, for the first time. As if we're here from another planet. We've just landed and we see the wonders of the earth, and we see the people on the earth, and we see their hair, and their face, and their nose, and their skin, and the wonders of their being and their mind. And we see each person as if we've never seen this person before. We see them fresh and new, and we see all the wonderful aspects of their being. And we look again at every cloud and we feel every breeze. And we begin to feel the air around us, and we become more aware of the oxygen we breathe, and we become more aware of the colors and the details of the flowers and the trees, and the people, and the buildings, and the grass, and the books, and everything that surrounds us, every day, every person, every child, every adult, every person, every animal, every plant—we see it anew. Experiencing each moment in a new way, starting now, as if a fog has been lifted, as if everything is becoming sparkling clean, as if we've come from another planet and we look around, and we see, and we feel, and we experience in a new way, starting now, and every day. And this feeling will grow more and more as time goes on—you will be able to feel more and more at ease and calm and peaceful with vibrant energy, enjoying every aspect of your being, feeling strong, healthy, with peace of mind, calm mind, body at ease, and yet very vibrant and energetic, looking at everything in a new way, as if you've been here now, just a short time. You're beginning to experience the world again, fresh, clean, sparkling new, new perceptions, aware of everything around you freshly, once again. And this will grow every day.

With this new way of looking at life, you'll find every day that your energy will increase and you'll feel so healthy, and you feel healthy, and free, you'll feel all the tensions will leave. You'll feel at ease and calm, and free as you

become more aware of the blood circulating in your body, and the strength in your muscles, and the wonders of your strong, healthy being. You begin to feel that you're living, you're beginning to live more and more, growing every day, becoming more aware, more filled with energy, more vibrant. Starting today, you'll begin to feel that life is just beginning, that your potential for living a very good life is there, and it will increase and you'll become more aware of the potential, and you'll become aware of how you can enjoy life more and more every day. And you'll look forward to every coming day as another exciting day that you can live fully, growing, changing, maturing, healthy, strong, vibrant, and energetic. You will realize that you have the potential to be happy, strong and much greater than you thought. That you have vibrant energy, that you're able to flow with everything around you, to be able to flow and move with every person, every individual you meet. You'll be able to feel with them, be able to feel with every animal, and every plant, and every part of the earth.

From this day on, you'll begin to live fully, moment by moment, every day. You'll get so much out of every day, more and more, starting now, every day, every hour, every second, will become more and more exciting, full, enthralling, amazing. You'll become more and more aware of the wonders of your being, yourself, the earth, and everything around you. You'll become more and more deeply involved in everything that is happening around you, the people you meet, the tasks you meet, and the children that you see, and everything that comes into your life. You'll be aware, and become more and more involved, like a child, living fully, enjoying every moment, being unself-conscious, feeling free. You'll be able to make more and more activities, and something like an enjoyable game, that you can play, and dance, and move, and enjoy. And your activities will be the way they were when you were a child, free and unspoiled, at ease, enjoying, able to get into things, more and more, as you were once able to be creative, ingenious, able to make everything into a fun game. You'll again remember how to play and to have fun, by your own creativity and imagination, using your own ingenuity, able to regain your lost spontaneity, your naturalness, your freshness—it will come out and you will feel at ease with it.

CREATING HAPPINESS THROUGH CHANGING YOUR THINKING

Starting now, more and more, you will realize that happiness, and unhappiness, are due to your own thoughts, the way you think about situations. You will be able to shift your thoughts, the way you think about situations. You will be able to shift your thoughts to the positive aspects, and look at the positive aspects of living, enjoy every day. You will become more and more aware that if life's situations are not the way you always want them, you will work to change them, without frustration, without anger, without being bothered. You will work to change things that are not the way you want them, but you will do it with a calm, peaceful mind, being at ease and at peace with the universe.

You will become more and more aware that everyone has problems in living, but you will also be aware that as you become more mature, that you can face problems with a calm mind, with strength and determination, to work to improve them. When you cannot change things, you will accept them calmly, you will be aware that anger and frustration do not help. You'll realize that life is too precious and too wonderful to waste it in being bothered over little things, little annoyances. Starting today, you will work to change anything that is changeable that you can change with peace of mind, without being bothered, without frustration, without anger. You will be less and less worried about the future, problems of the future, dangers of the future which will never occur anyway. Most of the things you worry about won't happen anyway. You'll let the worries go, you'll enjoy the day, you'll let yourself go, you'll enjoy yourself, as worries drop out of your life.

LIVING WITH EMPATHY, RESPECT, AND HARMONY

And day by day, you'll find yourself more and more successful in living at peace with the universe, with yourself, with everything around you, with no unnecessary worries. As each day passes, you will feel more and more at peace, more and more lively, feeling alive, enjoying each moment, living now, today, enjoying every day more and more as you let these thoughts go to the back of your mind. They will be more and more this way, as you let them guide your life. You'll become increasingly able to meet the responsibilities of your life, and will be able to determine for yourself what the truly necessary activities are in life.

With ever increasing frequency, you'll become more and more deeply interested and aware of other people, seeing that other people have problems, and you will be aware of their problems, able to help them, as you become less and less concerned about yourself, and more concerned about others, more and more aware of the beauty of other individuals around you. As each day passes, you'll find yourself more aware of and concerned with the feelings of others. You'll be deeply interested in the people around you, more and more forgetting yourself, not concerned especially about yourself, not self-conscious, giving others your undivided attention, really interested in them, their life, what they think and say, feeling good, and relaxed, and happy, and natural.

You'll realize that everyone around you is more or less insecure, and doesn't feel perfectly secure with others. And you'll realize more and more that others want you to like them, they want to feel that they matter, that they're important. And once you realize this, it becomes more and more a part of your being, to be able to help others to feel good about themselves. You'll realize more and more that they're struggling to be happy, to love, to feel good about themselves, and you'll be able to empathize and feel with other individuals, to feel with their feelings and insecurity, with their desires to be kind, to be good, to do things for others also.

You'll feel with other individuals. You'll become more and more empathic as time goes on. You'll be able to help others, to help others to feel good, to help others enjoy life. And as you help others enjoy life, you'll be able to enjoy it yourself, more and more as time goes on.

GENERAL SUGGESTIONS FOR WELL-BEING

And each day, as you wake up in the morning, you'll have an inner feeling of excitement, a feeling of energy and underlying joy, eager to get up from bed and to get going. You feel so good, refreshed, awake, relaxed, with energy, an inner feeling of joy, and well-being, when you wake up in the morning. And throughout the day, a feeling of joy of living, of vibrant energy, and as you wake up in the morning it will be so good to begin to plan for the new day ahead. You'll feel refreshed, strong and healthy, as you'll have slept calmly and at peace, knowing that each day as life goes on, you will enjoy it more and more as you mature and become more and more aware of every beauty, and every mystery and amazing thing that surrounds you, as you become more and more aware of the amazing nature of the universe and life.

SUGGESTIONS FOR SLEEP

And each night when you go to bed, you'll be at ease and relaxed, you'll feel relaxed and calm knowing that every day is another adventure. Even though some days will have problems and things we don't like, every day will be an adventure. Starting now, as you go to bed every night, you'll be calm, and at ease, your mind and your body will be calm, tranquil and relaxed. You'll be able to sleep calmly, at peace, able to sleep the way you did when you were a baby—so calm, so relaxed, so completely at peace. You'll sleep so well. You'll be able to

sleep soundly, knowing in the back of your mind, that day by day you're beginning to live more fully, more deeply. As time goes on, you will live with more and more wisdom, and you'll let yourself sleep the way a baby does, when a baby feels good and very secure. You'll sleep very well, and very calm, and when you wake up in the morning, you'll be fully rested, very refreshed and at peace.

SUGGESTIONS ABOUT WORK

You'll be at ease with your life and everything around you. You will be so glad and so happy to have another day to live and enjoy, every day. And when you're at work, you'll be able to focus on a task, and become absorbed and involved in the task at hand. You'll be able to also become absorbed and involved with the people around you. When you work, you'll be able to work well, and efficiently, able to concentrate, able to enjoy your work and able to enjoy the task.

ENHANCING PRESENT AWARENESS

And able to enjoy everything you do—the people around you, the food as you eat moderately and with peace of mind. Able to enjoy the water you drink, with peace of mind, calm and at ease, enjoying every aspect of the beautiful, wonderful earth. You'll be able to enjoy everything you see and touch, and you'll become more aware of touch and the beauties of touching. You'll become more and more aware of the fragrances and the aromas, and everything around you. And you become more aware of all the beauties of your senses, as you see, and hear, and touch, and smell, and feel. And you become more and more aware of people around you. You become more and more aware of their amazing nature, of the depths of their being, of their strivings and hardships and problems.

REINFORCEMENT OF EARLIER SUGGESTIONS

And as you become more and more aware that your life is only beginning, and of the potentials for living beautifully that are there all the time, you'll be able to have more and more calm, peace of mind, awareness, and a feeling of strength and health and energy, that will grow as the days pass. Your mind will be at peace and calm. You'll feel strong and healthy, and very vibrant and alive, and that feeling will pervade your being. You'll become more aware of it, but it will be there, at the back of your mind, starting now, every day.

Every day will be as if it's the first day in your life. You'll be able, more and more, to feel as if it's so wonderful, as you see things again in a fresh new way, experiencing everything in a fresh new way—the way you may have experienced it when you were a child, as you begin to look at the grass and the flowers, and the trees and the birds. You become aware of their delicate textures. You become aware of the details of their being. You become aware of the breeze every time it touches you. You become aware of everything you do with your hands, and the strength of your hands, and the wonderful manipulative ability of your hands, and the wonderful abilities of your body. You become more and more aware of so many things that you've taken for granted, and you begin to see them in a new way, no longer stale, no longer something that you're used to, no longer something that you just don't even notice—fresh as if you've just come to this earth. Starting anew.

And you begin to meet the challenges of life every day with a calm mind, a calm, peaceful mind. So good to be alive, and with this calmness, and feeling the strength of your being, the vitality and health flowing through your being, you'll be able to change those things that can be changed every day. But those things that can't be changed, you will accept with calmness and peace of mind, knowing that life can be so beautiful, no matter what problems you may face.

You'll become more and more absorbed in your work, in the people around you, consumed very much about the wonders of being able to think, and feel, and talk, and plan, and imagine, and in the wonders of your mind and

your being, and being able to use them in your work and with people around you. Loving every individual and every creature that you see, and being more and more aware of nature. Living more and more fully, more and more deeply, every day, starting now. And as you let these thoughts enter the back of your mind, you'll feel, starting now, more and more at peace, calm, and at ease, with peace of mind. Vibrant, strong, and energetic body, and peace of mind. You begin to feel more and more at ease and calm and alive, and you see everything in a fresh, new way, new, beautiful. Your life will become more and more wonderful and exciting. You'll be able to fulfill the many, many potentials that you have starting now, so let these thoughts now go to the back of your mind. Let them guide your life as you wish. Let them guide your life, starting now, as you wish. Let them go to the back of your mind, and now, as you wish, you can become more and more alert to everything around you, more and more ready to begin to live with vibrant energy, and with peace of mind, as you become now more alert and ready to open your eyes, beginning now to open your eyes.

Suggestions for Raising Self-Esteem

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1. First, I look for and emphasize all of the manifest and latent positive characteristics that I can observe about the client. I am always able to find many such attributes, and I sincerely tell the client about them at intervals in our discussion, using statements such as the following:
   - You have done so much [or worked so hard or struggled so much] in your life.
   - You have been able to overcome so many difficulties [misfortunes, illnesses, rejections, deaths of loved ones].
   - You have helped many people in your life.
   - You did well in a very difficult situation.
   - You really care about people.
   - You have much empathy and love for others that you have not been able to express.
   - You are a kind person.
   - You have so much that you haven't begun to use—so much more love, so much more competence, so much more ability to be at ease, to enjoy life, to live fully.

   In addition to interspersing these kinds of statements in our discussions, I also include them as suggestions in the hypnosuggestive procedures; for example, after the client has been given repeated suggestions of deep relaxation, he or she may be given a series of suggestions on various topics, interspersed with suggestions that "Starting now, you can begin to focus more on your strengths and positive aspects . . . you can become more aware of your ability to overcome obstacles . . . your caring and love for people . . . your growing ability to be at ease and to enjoy life," and so on.
2. A second hypnosuggestive approach that aims to enhance self-esteem derives from the fact that clients with low self-regard have typically been criticized by parents or other significant individuals in their early lives, and they have incorporated the criticisms into their self-images. In the therapy sessions, we trace back the destructive criticisms the clients have received from parents, siblings, or other important people "You're dumb, stupid, ugly, clumsy, rotten, no good," etc.). After we have uncovered some or many of the origins of the low self-esteem, I proceed as follows in a hypnosuggestive session. I first give to the client (and indirectly to myself) suggestions for deep relaxation and then, when the client and I are both relaxed with eyes

closed, I speak to the client from my "inner self"—for instance, somewhat as follows:

> We understand now why you have felt you were unattractive, unintelligent, and not likable. It is clear now that your mother had a tremendous amount of resentment and anger and was unable to love you or anyone else because of her own father, who degraded her and made her feel totally unlikable and worthless. It's clear that *you were too young to understand* why your mother constantly put you down and screamed at you *and made you feel there was something wrong with you. You can now see how your negative feelings about yourself were due to negative suggestions you received constantly* from your mother, who was negative about everything and everyone because of her own misery. *Now you can begin breaking through the negative suggestions you have received, you can begin coming out of the negative hypnosis you have been in for so many years, and you can begin to be your true self that has been held down for so long. You can see more and more clearly that as long as you were negatively hypnotized and believed you were stupid, ugly, and no good, you reacted to events and people around you in a nonconfident, afraid way, which tended to confirm your own beliefs. You can now begin to let go of these negative suggestions and begin to be your own true self, realizing more and more each day that you are a good, kind, loving, and lovable person. Each day you can become less and less afraid, more and more at ease, more and more able to enjoy life and to be your true self.* [emphasis added]

3. As part of the hypnosuggestive approach to raising self-esteem, I make additional cassette tapes for the clients. These tapes, which are made when the client and I are in my office, begin with suggestions for deep relaxation, followed by specific suggestions that aim directly or indirectly to enhance self-esteem by guiding the clients to focus on their underlying strengths, virtues, and positive qualities. The clients are asked to listen to the cassette tape at home once a day during the forthcoming week, to let themselves relax deeply, and to let the ideas "go deep into your mind." Although these tapes are individualized for each client, they typically emphasize positive aspects of the client that have been neglected or suppressed and that can be released and expanded. Examples of the kinds of suggestions that are included in the hypnosuggestive tapes are as follows:

> *You have much caring and concern and love for others that you hold down and keep within you . . . You can begin now to let out these good feelings . . . allowing the kind, caring, good feelings to flow out to others . . . You can begin more and more to be your true self as you release your warmth and empathy toward others.*
>
> Starting now, you can be more and more aware of your true self that is being released, and you can stop criticizing yourself . . . You can stop blaming yourself for what you did that you should not have done or what you did not do that you should have done, and you can forgive yourself as you forgive others . . . You can be as kind to yourself as you are to others . . . as loving to yourself as you are to others . . . You can stop criticizing and blaming yourself, and you can be free—free, more and more, to be your true self.
>
> Starting now, you can more and more allow yourself to be the person you can be . . . appreciating again and grateful again to be able to see, to hear, to smell, to touch, to be alive . . . Appreciating again as if it's your first day on earth, as if you've never felt the sun before, never heard a bird sing, never smelled a flower before . . . Grateful to be able to touch the rain and a stone, to hear the laughter of children and the sound of the sea, to smell the grass and appreciate tasty food, to see the colors of the earth and the stars . . . Appreciating again the strength and power in your body . . . Feeling the energy and health vibrating and flowing through your being . . . Feeling again the excitement and enthusiasm and the feeling of aliveness that has been suppressed for so long . . . more and more ready to enjoy, to have fun, to play and laugh and sing . . . More and more feeling good to be you and to be alive. [emphasis added]

Barnett's Yes-Set Method of Ego-Strengthening

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INDICATIONS

This method of ego-strengthening is recommended following the use of other methods to enhance the patient's esteem; otherwise, patients with minimal self-esteem will usually fail to respond positively to step two and further work will be required. This method may be valuable in facilitating greater acceptance of one's own feelings and in promoting assertiveness and self-regard. Ideomotor finger signals should be established prior to using this method. (*Ed.*)

STEP ONE. State a belief in humanity's worth and importance, seeking the patient's affirmation of this belief.

"Now, I want your unconscious mind to listen very carefully. And when the deepest part of your mind is listening carefully, your 'yes' finger can lift to signal me. [Pause] Good. And keep listening very carefully.

"I believe that every human being is unique and important. Do you agree?" [If the patient answers "no," exploration about this may be done with ideomotor signaling. Another approach is to say, "Even though you do not agree with me, do you believe me when I say that *I* believe that every human being is important and unique?"]

STEP TWO. Persuade the patient to accept *himself* (herself) as an important and worthwhile human being.

"I believe that you, (patient's name), are unique and special—just as unique and important as any other human being. Do you agree?" [This question will typically be met with considerable thought and delay.]

When the patient answers "yes," ask: "Is there any part of your inner mind that does not entirely agree with me?" [This is a double check for a hidden ego state or part of the personality that is still negative. If such a part exists, undiscovered, it may sabotage the ego-strengthening suggestions.]

STEP THREE. Help the patient to accept his/her feelings, and establish a yes-set. Then, let go of old, negative feelings.

"I know that all human beings have uncomfortable feelings as well as comfortable feelings, and I know that you have had feelings that are uncomfortable. I know that you have had feelings of sadness, like any other human being. If you agree with that, your 'yes' finger will float up to signal me. And you have had feelings of happiness, like any other human being. If you agree with that, again your 'yes' finger can lift. And you have had feelings of anger, just like any other person, have you not? And feelings of love, just like any other human being. [Wait for signal, and if necessary, ask, "Have you not?" or "Haven't you?"] Feelings of fear, just like any other human being. And feelings of safety and security, just like anybody else."

"Now, all of those feelings are normal, human feelings and you don't need to feel ashamed or guilty or embarrassed about any of them. I believe that you have the right to all of your feelings, whether or not they are unpleasant. Do you agree?" [If the answer is "no," seek to determine the reason. For example, perhaps anger is regarded as an unacceptable feeling. Reason with the patient, justifying the value of any type of feeling he or she regards as problematic.]

"I believe that you have as much right to your feelings of sadness as any other human being. If you agree, your 'yes' finger will float up again. [Pause] And you have as much right to your feelings of happiness as any other human being, do you not? [Pause] And you have as much right to your feelings of anger as anyone else; as much right to your feelings of love; as much right to your feelings of fear and to your safe feelings. Do you agree?"

"It is your privilege to have those feelings, and you don't need to feel guilty, ashamed or embarrassed about any of your normal human emotions. You have a right to keep them for as long as you need them. But you also have a right to let them go when you don't need them any more. And if you agree with all of this, your 'yes' finger will float up again." [Pause]

"And any of these old, out-of-date, uncomfortable feelings that you've been carrying around and which you no longer need can be let go. And if you feel that you are letting go of *them right now, your 'yes' finger will float up.* [Pause] And you can stay free of those old, out-of-date, uncomfortable feelings. You can finish letting go of them now. [Pause] You have a right to those feelings of hurt if you need them back; you have a right to have your feelings of anger back if you need them back at some time; you have a right to have your feelings of fear back any time you need them. But, when you don't need them any longer, you can feel happy, you can feel loving, and you can feel safe and secure."

"Now, I would like your unconscious mind to make a commitment that you will respect (patient's name) always. By that, I mean that you will respect his/her feelings. And if your unconscious mind is willing to do that, your 'yes' finger will float up. [Wait for 'yes' signal.] You'll like him/her because he/she has human feelings and a right to those feelings. And because you like him/her, you will listen to his/her feelings and not put him/her down for having them. He/she has a right to have them. And you will find ways of helping him/her to feel comfortable—good ways that are helpful. Never put him/her down for having uncomfortable feelings, for he/she has a right to them. Listen to them, respect them, like them. I want you to always protect him/her, as you have been doing in the best way that you could; but now, you have better ways of protecting him/her. Listen to his/her feelings. You've got better ways. You've found better ways. Always look for better ways to take care of (patient's name)."

"And don't allow people to put him/her down. He/she is just as good as anybody else. No one has the right to put him/her down, so protect him/her from anybody who wishes to do that. Take care of him/her at all times. In fact, I want you to take care of him/her, but also to care for him/her. Care for (patient's name), love him/her. If your unconscious mind is willing to do all these things, your 'yes' finger will lift."

"And as you do all of these things, some wonderful things will happen: you feel very safe, very secure. It feels like you have the answer to so many things which used to puzzle *you. You will feel so safe, so secure, that you* will no longer let things get you down because you know how to handle them. You always did know, but you did not know you knew. And use the knowledge. You can use it to the best of your ability. And with that good knowledge, you can do the things that you really want to do. You will be able to do them because you feel friends with yourself. It's a nice thing to feel good friends with yourself. And if you are feeling friends with yourself right now, your 'yes' finger will lift." [pause]

"Continue to be friends with yourself. Continue to listen to yourself, hear yourself, and give yourself good advice. And take the good advice that you give yourself. And as you feel very good about yourself, I am going to ask you, please, to know that you don't need to put anybody else down. You don't have to put anybody else down, because you feel that you can respect other people, and respect them as having their problems and being human, just like you."

"And because you are feeling so good, today can be a very good day. I would like you to see yourself having a very good day. When you can see that, let your 'yes' finger lift. [Pause] Good. You feel so good. There's a nice, calm, relaxed, smiling feeling all through you. And keep that feeling. Keep it each day. Feel good about (patient's name), being the person you are, liking (patient's name), and taking care of him/her."

"I want you to know that you can remember what you need to remember at all times, and forget what you need to forget, because your

unconscious mind will always remember everything that we have talked about. If that is understood, your 'yes' finger will lift. [Pause] It will keep all of the suggestions that we have agreed upon, so that your conscious mind does not have to bother with trying to remember all the many things that we have discussed. Your conscious mind can leave all of the remembering to your deep, inner, unconscious mind, so that when your open your eyes, your conscious mind can be free, to think about other things." [Awaken and distract the patient.]

Ego-Enhancement: A Five-Step Approach

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INTRODUCTION

Opportunities to tailor the approach to handle specific problems occur within each of these five steps. Due to its flexibility, this approach to ego-enhancement may be used to help patients with a wide variety of presenting problems. Approximately 85% of my patients find that the ego-enhancement approach affords considerable relief. This is true whether they want to learn how to relax, overcome anxiety, sell more insurance, kick a football farther, or let go of habits such as smoking, overeating, and alcohol abuse. As it is basically gentle and nonintrusive in nature, ego-enhancement is a technique unlikely to cause harm and would seem capable of effective use with most patients finding difficulty coping with their life situations. However, as I have not employed the approach with patients suffering with severe character disorders, I am unable to comment on whether it would be similarly helpful and noninjurious in such a context.

THE GENERALIZED EGO-ENHANCEMENT TECHNIQUE

The technique embraces the following steps:

1. Physical relaxation induced by concentration upon the breath, following it as it flows in and out, letting go tension, tightness, and discomfort with each breath out. Patients are encouraged to develop a detached attitude, as if they are watching someone else breathing.

   The simple following-of-the-breath physical relaxation technique permits patients to "let go" specific problems, unwanted thoughts, and physical discomforts which have been discussed before induction is commenced. Thus, it serves as both the first step in trance induction and the commencement of therapy.
2. Mental calmness encouraged through imagining the mind as a pond, the surface of which is completely still, like a mirror. Thoughts are watched in a detached way, being allowed to drift through above the water, attention then being brought back to further contemplation of the water's stillness.

   In the "pond" mental relaxation step, patients may be encouraged to imagine the area above the water as their conscious minds and that below as their unconscious minds. Accordingly, they have the power to "drop into" the pond of their mind anything they desire. This may be formulated in terms of a trance-deepening suggestion, with the patient imagining a beautiful stone representing, say, mental calmness sinking down and down, deeper and deeper, until it comes to rest at the bottom of the pond. It is then suggested that the patient's mind locks around this calmness, a calmness which is to become a permanent part of his or her life. The same procedure may be followed with other stones, each one representing a specific suggestion relevant to the particular patient, and each one assisting

the deepening of the trance as the stone sinks "down and down, deeper and deeper." As a normal practice, mental calmness, physical relaxation, confidence, and happiness comprise the "stones," but these may be replaced with others such as concentration, mental control, and healing where it seems appropriate. The "pond," then, provides a basic framework within which considerable flexibility is possible.

3. Disposing of "rubbish" as subjects imagine themselves "dumping" mental obstacles, such as fears, doubts, worries, and guilts, down a chute from which nothing can return. Physical obstacles, such as cigarettes and excess weight, may also be disposed of in this way.
4. Removal of a barrier representing everything that is negative in the lives of subjects. Embodied in this barrier are self-destructive thoughts, forces of failure and defeat, mental obstacles, and self-imposed limitations, everything which is preventing subjects from employing their lives as they would like. This barrier is destroyed through use of the imagination.

   The corridor, rubbish chute, and barrier metaphors may also be used to meet individual needs. Smokers may wish to discard their cigarettes, alcoholics their alcohol, and the obese may care to strip away their unwanted weight. Patients may also generate their own variations, this being one of the main benefits of the approach. . . . Similarly, they often put into the barrier negative aspects of their personalities which they have not mentioned in pre-trance discussion. However, because they feel these are holding them back, they decide for themselves that they should go into the barrier. Other specific negative influences which appear to be interfering with individuals' enjoyment of life are placed in the barrier by the therapist.
5. Enjoyment of a special place where subjects feel content, tranquil, and still. In this place they "turn off" the outside world. Once patients find their special place, it is suggested that they think of themselves as they want to be, imagining themselves behaving the way they want to behave, and "seeing" themselves achieving the success they wish to achieve. Sometimes particular images to meet the expressed needs of patients will be suggested; on other occasions patients may generate their own material.

   The "special place" visualization is a common aspect of many hypnotherapeutic treatments. One particularly useful pattern is to have patients imagining themselves going through a door which they can shut behind them to exclude the rest of the world. Suggestions may then be made that, in this place, they will be able to get into contact with the unconscious part of their minds which will then solve any problems they might have. One aspect of such solutions will be that things which have worried or upset them in the past will simply drop out of their lives as if they never existed. Because these things have now become so unimportant, patients will probably forget they were ever disturbed in this way. At this point, use may be made of an Ericksonian approach to the encouragement of amnesia by reminding patients of the frequency with which, in the past, they have forgotten people and possessions that, at one time, were very important to them. Once this importance has faded, so too does memory, a process that can take place with those things which used to worry and upset them.

   As it is usually preferable for patients to be left free to choose their own special place, they can be told that when they pass through the door, a place will be waiting. This could be somewhere from their childhood where they enjoyed themselves while growing up, or perhaps a fantasy place, maybe even a comfortable emptiness. Wherever it is, beach, garden, lovely room, or a comfortable bed, in it the patient will feel happy, content, tranquil, and still.

Suggestions for Modifying Perfectionism

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INDICATIONS

Perfectionism may be a part of many clinical syndromes, including depression (and low esteem), anxiety disorders, obsessive-compulsive disorder and personality, and type-A behavior. These are direct and cognitively oriented suggestions aimed at modifying perfectionistic tendencies. Cognitive, Adlerian and rational-emotive therapists may find these suggestions particularly compatible with their approaches. Many of these suggestions are for patients who are caught up in overcompetitiveness and striving for perfection. Those with a birth order as the oldest child and who feel that they must be first, best or superior, and second children who are caught up in the Avis Complex ("We're second, so we try harder.") may benefit from such suggestions. Some of the other suggestions may foster self-acceptance of one's humanness, despite making mistakes.

PERFECTIONISM, SUPERIORITY, AND OVERCOMPETITIVENESS

I wonder if you may be one of those people who feel that they can't settle for less than perfection, and perhaps even that you may as well not even try if you can't do something perfectly. Many people make themselves miserable by striving to be superior, the best, the first, or perfect. They become enslaved, striving for the mistaken goal of perfection and superiority. They mistakenly believe that the only thing worth being in life is a star—above other people, the best, the first, or perfect. That is a belief that will bring misery. Expecting perfection from yourself and others leads to disappointment and depression because we are all human and imperfect. When we have a goal of perfection, we will just automatically feel inadequate, because we can't reach such a goal.

I think, however, that you can be pleasantly relieved, when you change your goal from perfection, to being competent and making a contribution. Life can be so much more enjoyable, so much more rewarding, when our goal is simply to do things well, and just keep gradually improving. I want you to appreciate the value, the benefit, of accepting yourself as imperfect, but in the process of growing, in the process of gradually learning and getting better and better.

PATIENCE WITH GRADUAL IMPROVEMENT AND CREDITING ONESELF

The natural process of change is generally a process of taking a series of steps. We roll over and learn to crawl before we learn to walk, or run, or ride a bicycle. We learn addition before we progress to multiplication or algebra. The natural order of things, is gradual growth and improvement. We don't have to be perfect, and certainly not overnight. We change by gradually walking up a series of steps; no one can leap up a whole staircase, far less leap a tall building in a single bound. We are human, and it is unrealistic to expect ourselves to be superhuman. And different people make progress in different ways. So I'd like to suggest that you be patient with yourself, because you're unique, and you have your own unique process of growth. And I'd like you to really enjoy, each small improvement, each small change. Experience changes fully, and take credit for the improvements and gains you make. I'd like you to just appreciate how *you* make changes, and not become impatient with how fast those changes take place.

CHANGING YOUR GOAL TO COOPERATION AND CONTRIBUTING

And as you accept the goal of being competent, and making a *contribution*, *instead of*

being perfect (superior), your relationships with people will become more gratifying, more harmonious. People who strive to be the best or superior to others come to view the world as an unpleasant, competitive, dog-eat-dog jungle. People dislike them.

When your goal is to be *better than* others, you're forever competing, and continually insecure, because it's impossible to measure who's the best. But you can free yourself, from the tyranny of trying to be *better than* others. It can be so gratifying, so refreshing, to simply have the goal of making a contribution *to* other people. When you simply strive to improve, and make a contribution in life, people become friends, allies and confederates, instead of threatening competitors; we feel a fraternity and bond with people. The goal is now *cooperation*, not competition. And if your unconscious mind is willing to change your inner goal to growing, improving and making a contribution, instead of perfectionism and competitiveness, your "yes" finger will float up to signal me. [Await a response, and after 20 seconds if an affirmative response has not occurred, add, "Or your 'no' finger can float up if your unconscious mind is not willing to change your inner goal." If the latter is the case, ideomotor exploration may be employed concerning roadblocks to letting go of old, mistaken goals.]

What a relief! To be free of the burden of trying to be the best, or perfect (or superior). It's so much easier, *so* much more satisfying, *so natural*, to accept yourself as human, and in the process of improving and growing. No need to compete with anyone—there's no way to measure who's the best anyway.

And I wonder if you'll be surprised, at how attracted you *will now become*, how enthusiastic you'll become, about the goal of cooperating and working together and making a contribution, instead of trying to be perfect (or superior). And I wonder if you'll notice how spontaneously, how automatically you can find yourself cooperating with people, and thinking in terms of making a contribution. It will feel like such a relief—like becoming a member of the human family. And because your unconscious mind has altered this inward, basic goal, you will find that all this will occur so easily, without your even thinking. And you can celebrate your humanness, and enjoy having the courage to be imperfect.

REFRAMING MISTAKE MAKING

We've all made mistakes. And I'm sure that you can recall a time when you made a mistake—a mistake that taught you something. Even though it may have been unpleasant, you can recall making a mistake that you learned something valuable from, can you not? [Negative to discharge resistance] [Assuming you get an affirmative head nod, you can proceed. Otherwise, you may enlist an unconscious search for such a time, with an ideomotor signal when such a memory is identified.]

And as you recall that memory, I want you to begin to appreciate the fact, that without having made mistakes like that, you would have never learned and progressed. As a kid, did you ever touch a light plug and get a shock that really kind of jolted you? Many of us had that experience, and we learned something very important from that, even though it was a very unpleasant jolt! And similarly, it's because you've had the pain of a burn, that you learned to be cautious with fire.

Your imperfect mistakes, have been *perfect* opportunities for a wealth of learnings, that have formed an *indispensable* foundation to build on. So don't be mistaken about mistakes; the more unpleasant it is, the more pleasant will be your learning.

And yet so many people are afraid to try, for fear they'll make mistakes. And when they do make a mistake, they try to cover it up for fear people will think less of them, or think they're weak or stupid. But I'd like you to appreciate the fact, that mistakes are not only tolerable, but are actually desirable, because we learn through making mistakes.

Have you ever been around someone who was afraid to admit they had made a mistake? [Brief pause for response] They're very tense

and defensive, so they find it hard to grow and improve. What I'd like you to consider is the benefit, of having the courage to be imperfect.

I wonder if you've had the experience, I certainly have, of finding that when you see people make an error or mistake, that you can actually feel relieved, to see that *they're human too*. Most people feel more willing to have a relationship with someone who seems human, rather than perfect. And if someone does criticize you for making an honest mistake, it's probably because *they* are insecure.

I wonder if you might even find it an interesting growth experience, to tell friends about some mistakes you make, or about mistakes that you have made, instead of trying to hide and cover them up. In fact, wouldn't it be fascinating, as a way of giving you practice allowing yourself to be human and imperfect, if your unconscious mind were to arrange for you to make some minor mistakes? And while your unconscious mind may take a kind of pleasure in letting you be human, I don't know at first, if it will make you a little nervous, or if it will, in some strange sort of way, seem more fun and almost amusing, to find that you *can* make an occasional silly mistake. Or maybe it will just give you the feeling of, "Welcome to the human race." But deep inside, you can begin to get the feeling, that it *really is all right* to be human, and to make some mistakes, so that you can learn and grow more rapidly.

Suggestions Derived from Rational-Emotive Therapy

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INDICATIONS

These suggestions may facilitate cognitive-perceptual changes and be particularly helpful with patients who operate on the kinds of irrational assumptions targeted for change in rational-emotive therapy. Individual paragraphs (themes) may be regarded as modules for use with patients who have particular difficulties. (*Ed.*)

SUGGESTIONS

Day by day you will increasingly do what you enjoy doing rather than what other people think you ought to do in life. It would be nice if other people approved of what you do, but it is not necessary to your happiness for you to be loved and approved of by almost everyone for almost everything you do. You know what it is that makes you happy, that makes life enjoyable and this is what you should do.

As each day passes, you will become increasingly competent as you try to better your own performance. Do things because they bring pleasure and rewards, but give up the notion of trying to be thoroughly competent, adequate and achieving. Try to *do* rather than do *perfectly*. Accept failures as undesirable but not dreadful. You are a worthwhile, valuable person because you exist as a human being, not because of how well you do something. You are worthwhile in yourself, quite apart from your performances.

Day by day you will find it easier and easier to accept that you are a fallible human being, and therefore, likely to make mistakes. You will be able to learn from your mistakes and be increasingly successful as a result. Because you can accept that as a human being you are fallible, you will find it completely unnecessary to blame yourself for anything, for self-blame is completely unhelpful and destructive.

When conditions are not as you would like them to be, you will be able, wherever possible, to change them for the better. When for the moment, things cannot be changed, you will be able to accept them calmly, realizing that anger and frustration would be making you miserable for nothing. It would be nice if things were going the way you want, but if they are not, it is not terrible, horrible or catastrophic. You will be able to accept the situation and determinedly work to improve it.

Day by day you will become more and more successful in feeding positive, happy thoughts into your mind. You will accept more and more strongly that you are responsible for your emotions, that you decide whether to be happy or miserable. It is not external events that make you happy or sad, but the attitude you take to these events. Your misery is caused by your irrational thinking and the negative sentences you speak to yourself.

Gradually you will find less and less need to worry about future problems and dangers, many of which are quite imaginary. You will be able to determine the real dangers about the things you fear and see what the probabilities are of their actually occurring. Most of the things we worry about never happen, so we make ourselves miserable for nothing. Day by day you will find yourself becoming more and more successful in overcoming such pointless worry.

As each day passes, you will become increasingly able to face up to the difficulties and responsibilities of life. You will be able to determine for yourself what the truly necessary activities of life are, and, no matter how unpleasant they may be, you will be able to perform them unrebelliously and promptly. As you do so, you will feel an ever growing sense of happiness and accomplishment.

With every passing day, the irrationalities of the past will influence your life less and less. You will reject more and more strongly the idea that the past is all important and you will realize very powerfully that just because something once strongly affected you, there is no reason why it should continue to do so indefinitely. You are a different person now from the one you were in the past and you can now successfully cope with things which may have previously upset you.

With ever increasing frequency, you will be able to accept people and things as they are, seeing that compromise and reasonable solutions are necessary. You will be able to give up the notion that it is catastrophic if perfect solutions to life's problems are not found.

As each day passes, you will find yourself making definite attempts to become vitally absorbed in some persons or things outside yourself. To make our lives happy and fulfilling we need a purpose, and you will be able to find such a purpose for yourself.

Suggestions for Raising Self-Esteem

Helen H. Watkins, M.A.
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INDICATIONS

The following suggestions were prepared for use with patients with low self-esteem. The suggestions should be given following hypnotic induction and deepening. These suggestions may be used in an office setting. It is also recommended that the session be tape recorded for later use by the patient at home. The suggestions labeled as "night tape" are for use by the patient immediately before going to sleep. It may be helpful in the "night tape" to use a lengthier induction-deepening process that may include such things as progressive relaxation and going down a long staircase for deepening. During the deepening process, the author also suggests, "For the present, you will not fall asleep, but will listen to the sound of my voice until the tape is finished." The "day tape" suggestions are for use in tape-assisted self-hypnosis during the day. (*Ed.*)

NIGHT TAPE SUGGESTIONS

THE SAFE ROOM. You can see that in front of us is a hallway. And as you look down the hallway, you can see a door. That door is a door to a room of your own choosing, in which you will feel safe and comfortable. [Pause] As we come closer to the end of the hallway, you can see the door more clearly. This door will keep out all the negative messages, the words, the behav-

iors, that you perceived from your world as a child, which made you feel bad about yourself. There's no room here for such negative messages.

Look at the door very carefully, [pause] even the doorknob. And know that this is a room of your own choosing, in which you will feel safe, and comfortable. Early positive messages and experiences enter, but all negative messages must stay outside. And now I want you to open that door, and then close the door behind you. And look around that room, this safe room, that you can visit any time you wish, by just closing your eyes. Look around, and enjoy what you see there. [pause]

Now I'd like you to sit, or lie down someplace in that safe room, wherever you will be comfortable. And listen carefully to whatever I say to you. There is a life energy inside of you. It is unique to you. It is your life energy, not anyone else's. It is the energy from whence you came. Life energy has only one purpose: to help you reach your potential as an organism. It is protective; it is healing. And since it is healing and protective, it is therefore loving. I want you to experience that life energy of yours, by feeling a light above your head, a light from which issues warm streams of energy, warm streams of energy, that surround you like an imaginary cocoon, soft and pliable, that lets you move about, that protects you, like a cocoon.

Feel that life energy also penetrating every cell of your body, surrounding you, and penetrating you. This is your life energy. It represents your true self, your natural self, your essence—whatever you wish to call it. It belongs to no one but to you. It is protective; it is healing, and therefore loving. Within that life energy are no negative messages; they cannot exist there. Feel that positive life energy, coursing through every cell of your body, surrounding and protecting you. That life energy has sometimes been expressed within you, perhaps as a still inner voice, that many of us ignore; words of wisdom inside of us that we don't always listen to, but are really there to protect us. That still inner voice is a nurturing part of you. And that nurturing part is an entity, that exists because it becomes a kind of spokesman, for that life energy, for that healing energy, for that essence, which is you.

That nurturing part of you is capable of healing, both mind, and body. It is capable of helping, healing those parts of you that are not happy, that don't feel good about themselves. And it is possible for that nurturing self, to seek out other parts of you, that are not happy, and help them, help them become happier, help them become more worthwhile in their own eyes, and most of all, help them to feel loved from the inside, not from the outside world.

To help this process, it is worthwhile for you to think about that nurturing part within you, and perhaps to visualize that process going on, as you go about your daily business. Visualize the process of that nurturing part helping out those, that are not so happy inside, in a way that comes naturally to you, in your mind's eye. And as you continue to do this, thinking about the nurturing part, you will stimulate that aspect of you, and it will become stronger within you.

As you go to sleep tonight, you will have a healing dream, [pause] a healing dream to heal mind, body and spirit. And that healing, nurturing part will know, what you need in a healing dream. And that healing dream will not only have an effect tonight in your dream, but will affect you during the day as time goes by. And as healing progresses, you will come to feel better about yourself, stronger, more self-confident, and therefore happier. And when you feel happier and better about yourself, the world will respond to you in more positive ways.

And now, in a moment I'm going to sign off, and you will find that you will drift into a natural sleep pattern, and when you awaken in the morning, you will be aroused just naturally from this sleep pattern. I'm signing off now. Sweet dreams. [Silence. Tape is left open-ended, allowing the patient to drift off to sleep.]

DAY TAPE SUGGESTIONS

Allow yourself to drift and float, drift and float. And listen to the sound of my voice, and

what I'm going to be saying to you. Self-esteem is the way you think and feel about yourself. The more positive the feelings, the higher your self-esteem; the more negative the feelings, the more negative your self-esteem. Self-esteem affects the quality of your life. A high self-esteem can make you feel productive, capable, lovable, happy. Low self-esteem makes you feel unproductive, miserable, worthless, incompetent, unlovable. With low self-esteem, you may even be outwardly jovial, or you may act confident to the world, or you may be highly successful in your work. But inside, you cringe and say to yourself, "Boy, if that world out there only knew what I'm really like, they wouldn't want to get to know me. They'd probably just go away." And so you carefully polish up your cover, your facade, and stay on the alert, for fear you will be found out. What a miserable way to live. How do people get this way?

Well, let's take a trip, through your brain, where all of those notions are stored. Think of an area in your brain, containing all the experiences you have ever had in your lifetime. That area is not exactly a depository of *what* happened, but of what you learned from those experiences; that is, how you perceived them. For example, suppose at the age of two you spilled a glass of milk and you heard someone say, "Bad girl or bad boy!" From this experience, you might get the idea that *you* are bad, even though the person saying that did not mean that exactly. They were just upset at having to clean up the milk, and didn't want you to do it again.

But as a child, you can't help but think concretely; that is, literally. You conclude, "I am bad, or worthless, or I can't ever make it," or whatever that negative idea is. Therefore, the brain is always full of distortions from child thinking, which is just normally concrete and literal.

Check out that brain right now. Maybe you can see, or hear, or sense the messages that are there. They may not all be negative, but they are always a product of child thinking; that is, the perception of the child. I'll be silent for a little bit, while you check out those messages from the past. [Pause for about one minute.]

Now let's take a trip into your past, and find out what faces go with those messages. Imagine that you are sitting in a pink compartment on a train, looking out the window. As you look around your compartment, for you are the only person sitting there, you notice that the compartment is pink all the way around, the ceiling, the walls, the furniture, so that you can almost feel the pinkness. The pinkness is strangely relaxing. That train will take you on a round trip into your past, all the way back to your birth, and then return to the present.

Now the train begins to move along, and pick up speed. But you have a control switch in front of you, and by moving that switch, you can control the speed of that train. You can even stop if you wish, to get a better view of some incident you want to study more carefully. Perhaps you want to look at the people in those scenes, and understand them better, and yourself. See them as human beings, with human faults, limitations and emotions. No one can be perfect, neither you nor I, nor any of the people in those scenes. In a while, I will sign off, so that you can go on this trip at your own speed. When the train reaches birth, take in a deep breath, and get in touch with the energy from whence you came. That energy from whence you came is your essence. It is protective, it is loving, it is your life energy, and it belongs only to you. Feel its power, its warmth, its protectiveness. Feel it as warm streams of energy, surrounding and penetrating you. It will give you strength on the trip back.

From birth, the train will head back on its return trip over the same scenery. However, on the return trip, you will be able to change your attitude toward these scenes, if you wish. You can even open a window and do something to change the event, [pause] because on that return trip, you are full of life energy, which helps you to be more confident and self-assured. Take the time you need for your trip; make it meaningful to you. Remember, you don't have to accept any more of those negative messages from the past. [pause] You can leave

them back there. [Pause] When you return to the present, take a deep breath, and slowly open your eyes to become alert. Have a good, meaningful trip for yourself. Remember, you deserve it. This is [therapist's name] signing off. [Stop speaking and leave the tape open-ended.]

Suggestions to Facilitate Problem Solving

Don E. Gibbons, Ph.D.

INTRODUCTION

It is my own belief that the process of incubation may be facilitated by direct suggestion—if only because the subject is thereby made more confident that an effective solution will be forthcoming. At the conclusion of an induction, the following suggestions may be given.

SUGGESTIONS

In the coming days and weeks, your thoughts will often turn to the consideration of important decisions you have to make, and important problems for which you have as yet found no solution. Even when you are not consciously thinking about these topics, your mind will continue to deal with them so that, when your attention returns to them once more, you are going to be surprised and delighted at how many potentially useful ideas you are able to come up with; and some of these ideas are even likely to catch you by surprise at times, emerging into your awareness while you are thinking of something else. They might even enter your dreams at night, or you might wake up with some of these new ideas in mind; but regardless of how they make their appearance, they are going to be very helpful and beneficial to you.

Of course, You will always try to make sure that you have sufficient information on which to base any final decisions, and you will always want to check out these new ideas to make sure that they are practical, just as you would check out information from any other source. You will also continue to be aware that sometimes the best decision is a decision to wait or to secure additional information before acting. But nevertheless, you are going to be surprised and pleased at how much more clearly and creatively you are going to be able to think, and at how much more confidently and effectively you will be able to deal with the issues and problems which lie before you.

The Serenity Place

D. Corydon Hammond, Ph.D.
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INDICATIONS

This is a permissive, indirect ego-strengthening method designed to increase patient coping abilities. It is useful with anxious patients, for patients with premenstrual syndrome, and with patients who are bright, insightful and self-directed. Along with induction and deepening, this procedure may be tape recorded for use in tape-assisted self-hypnosis. The open-ended conclusion allows the patient to remain in a deep trance for as long as needed, which can often produce profound feelings of calm and tranquility. Encourage the patient to allow the image to spontaneously appear, rather than searching consciously for the most ideal place. The process for arriving at the serenity place may be individualized, for example, through taking an elevator down and finding the special place when a door opens, floating there on clouds, or simply finding oneself there. Present the suggestions slowly and restfully. Commas are placed to suggest brief pauses.

SUGGESTIONS

Now, as you continue to relax, more and more deeply, just allow yourself to float across time and space. And in a moment, your unconscious mind is going to suddenly take you, to a very special place, that's associated with tremendous feelings of peacefulness, and tranquility, and safety, and happiness. It may be a place you've been before, or some special place that you find yourself in for the first time. And you can just allow such a place to spontaneously come into your awareness now. And as you find yourself there, give yourself the opportunity, to experience all the refreshing feelings of calm, and contentment, and security, and happiness, associated with this wonderful place. And I'm not really sure whether you'd rather just sit and rest back, and look at everything around you, or if you'd rather walk around some, and explore this special place, that's here right now, just for you. And I don't know for sure, the things that will stand out most for you—whether it will be the sounds in this special place, or the beauty of it. Perhaps you'll especially enjoy the sensations and feelings as you touch things, and maybe even the smells will be unusually pleasant.

And I wonder if you've already begun to notice the fact, that as you just experience, and enjoy this special place, you soak up and absorb these tranquil feelings. And you can just allow these feelings of deep contentment, and peace, and calm, to flow, all through you, to all parts of you, allowing all of you to experience these soothing feelings. And as each moment passes in this special place, these wonderful, invigorating feelings increase, and become more a part of you. And you can savor this place, and your enjoyment of it can be heightened, with every moment that you spend here. And as you rest here, and recharge your batteries, this experience may remind you of other places and experiences, where you've felt happy, and contented, and filled with peaceful feelings. [Pause]

And in this place of serenity and security, things can come into perspective. [Pause] You can be aware of actual feelings, with a correct sense of proportion, free from the distortions of a mood or set of circumstances. [Pause] As you rest in this place, things come into proper perspective. [Pause] And in this special place, independent of anything that I say, you can receive what you most need right now. Your unconscious mind knows what you most need. And I don't know exactly how you'll receive that. It may be that you gain a new perspective, or just find yourself feeling differently. [Pause] Or maybe, before awakening, you'll receive from your unconscious, a special gift, of an experience or a memory that gives you the understanding or the perspective or the feelings that you most need right now. [Pause] Or perhaps, you may hear, what you need. It may be that you hear a still voice, maybe a voice in your mind, or seeming to come from deep inside you, saying what you most need to hear, giving you the suggestions you most need to receive right now. [Pause]

And in a moment now, I'm going to stop talking. And you can remain in this special place of yours, for as long as you need. You can remain in this place of contentment, and happiness, and tranquility, for as long as you need, recharging your batteries, and soaking up these feelings, receiving what you need. And there's something that's going to be embedded and remain in your mind: you will know, that you can return to this special place of yours, whenever you need or want to. You will know, that whenever you need to rest, or replenish your strength and energy, that you can put yourself into a deep and peaceful hypnotic state, and return to this place.

And when you're ready to awaken, you can drift back across time and space, bringing these wonderful feelings, and this sense of perspective with you. And you'll awaken feeling well; refreshed, alert and clear-headed. And what you have experienced can remain with you, after you have awakened. Now, as I stop speaking, you can continue in this place, receiving what you need, for as long as you like.

Ego-Strengthening Suggestions

Richard B. Garver, Ed.D.
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I know you have a conscious memory of what you have experienced and learned, but your unconscious mind has a much more complete record of everything that you have ever learned or experienced of any significance since you were born. I want to ask your unconscious mind to review all of that material, and it can do that much more quickly and completely than you could do it consciously. Review all of your learning and experiences; scan all of them and select only positive experiences and feelings. Review them, and strengthen them, and begin to make them available to you as your inner strength to cope with whatever you need to cope with now. And although you won't be aware of most of this consciously, it will be going on beneath the surface, just as your unconscious mind works on problems and continues to operate beneath your awareness most of the time. Perhaps you will be more aware of some of this, a small sample of it surfacing into your conscious awareness—perhaps an experience, a positive experience, that gives you a good feeling. It may be one that happened last week, last month, last year, or many years ago, but the thought of it makes you feel good about yourself. Then, perhaps occasionally a good feeling will surface, just a positive feeling, a feeling perhaps of being secure, confident, happy; or perhaps this feeling may be unattached to any particular experience, just a good feeling and you can enjoy it again, a feeling of inner strength. You'll begin to feel much better about yourself, and you will have the inner strength it requires to pursue some positive strategies that we have talked about, and where some of these may have been threatening before, now they will represent a challenge to you, and you will feel positive about taking a bit of a risk in meeting this challenge, and feeling good about it.

The Inevitability of Change

Robert C. Mashman, Ph.D.
Del Mar, California

INDICATIONS

These are nonspecific suggestions for change intended to activate the client's own abilities in selecting and implementing a necessary change. They are intended to potentiate the effect of subsequent suggestions. These suggestions define change as pervasive, positive, and unconsciously determined. In addition, they redefine feelings of anxiety and confusion as signs of positive unconscious activity. Discomfort is reframed as an epiphenomenon of natural, normal unconscious work.

SUGGESTIONS

Now *change* is something that exists throughout the universe and it is particularly characteristic of biological life. You may or may not know that every seven years almost all of the molecules that make up your body are cycled through. So that every seven years you are actually a completely new person. There are certain patterns that remain and that is why you are still recognizable to yourself and others.

Psychological change usually begins below awareness . . . from what might be described as a seed of change, a potentiality for change. A seed can be planted in our early or late childhood or perhaps even *today*, or it can be inherited as part of the genetic wisdom of our species. Up until recently developmental psychologists have paid attention mostly to childhood and adolescence, but it is now documented and recognized that adults go through developmental stages as well . . . throughout their entire lives. And there is remarkable consistency across people as to what the developmental stages are . . . and the order in which they appear, although each individual manifests the developmental issue differently.

This remarkable consistency in terms of adult development suggests that these particular changes come about as a result of a potentiality that is inherited, a seed that we inherit from our parents and even the species that preceded us. And when the conditions and the timing are correct, these seeds can develop and germinate below our awareness in our unconscious mind . . . and when that happens we may have a sense that something is going on below the surface.

In the days, weeks and months that follow, you may have a strange feeling, a sensation, an experience. If that should happen, you can take pleasure in knowing that your unconscious mind is working for you, that there is a necessary and useful change developing . . . and after that change is completed and has become part of your mental processes, that change will emerge into consciousness in the form of a new feeling or a changed behavior and you can understand—yes—that's what's been going on all along.

Change Is Necessary for Comfort

Robert C. Mashman, Ph.D.
Del Mar, California

INDICATIONS

These are further nonspecific suggestions for change intended to activate the client's own abilities in selecting and implementing a necessary change. Intended to potentiate the effect of subsequent suggestions, these suggestions utilize the client's own experience of a need for a physical readjustment in the hypnotic session as a metaphor for the process of readjustment in life. It is discomfort that informs us of the need for change. The suggestions redefine discomfort as a useful, unavoidable, and periodic part of life, and encourage flexibility and adaptability.

SUGGESTIONS

Understanding, more and more, that it is your ease and comfort that are important [said as the client readjusts his/her physical position], and in order to get more comfortable, you will shift your position when you would like. It is important to recognize that when you go through life, you will arrive in a certain situation, and you will find the most comfortable position for yourself, the most comfortable point of view, the comfortable understanding, and then you will feel good for a period of time.

But at some point the situation will change a little bit, or you will change yourself, and it will require an adjustment to remain comfortable. There is no one position, no point of view, there is no one understanding that will allow comfort forever . . . And so what is necessary to maintain your comfort as you proceed through your life is the ability to adjust your position from time to time . . . to see things a little bit differently, or to hear things in a way that is particularly useful, and to notice that your feelings can evolve and that, even though the same situation may present itself, the feelings that you have in response will be evolutionary.

An Abstract Technique for Ego-Strengthening

B. J. Gorman, M.B., Ch.B.

INTRODUCTION

One means of circumventing . . . critical faculty, which seems to be operative to some degree under all therapeutic situations, is to give suggestions in an indirect or abstract manner, in such a way that no direct suggestion is made, and therefore, the critical faculty is less likely to be activated. I have found that a modified form of Dr. John Hartland's excellent ego-strengthening (1971), delivered in this ab-

stract manner, has been very effective. The general technique which I have used, altered, of course, to suit each patient, is as follows. . . .

This approach was first initiated when a patient commented upon the fact that certain words which I had used, such as "exactly" or "precisely" [e.g., from Hartland's ego-strengthening suggestions] had made him feel that I was setting too high a standard for him. I therefore dropped the authoritarian approach and now, almost exclusively, allow the patient to choose from the material which I present to him that which he needs. According to the circumstances, I may also soliloquize about such words as autonomy, wealth, happiness, etc. I have given in some detail the wording for "health," "success," and "motivation" to illustrate the mode of presentation which I have found most successful.

THE TECHNIQUE

You are now so deeply relaxed that your mind has become very receptive. In this state of deep relaxation the critical part of your conscious mind is also very deeply relaxed so that you *can* accept any ideas you *wish* to accept for your own good.

Because I wish you to remain in this uncritical state, I am not going to give you any direct suggestions with regard to any of your particular problems; I am only going to ask you to think about certain words and their meanings and associations for you. I want you to think lazily of these words, to turn them over in your mind, to examine them, to let them sink deeply into your subconscious mind until they become woven into the very fabric of your substance and of your self-image.

The first word I wish you to think about is the word *health*, and I want you now and always to couple it with the word *good*. What can the words *good health* mean? They can mean a sense of superb physical well-being, with strong heart and lungs, perfect functioning of all the organs, nerves, glands and systems of the entire body; firm, strong muscles, bones and joints; smooth, healthy, elastic skin and the absence of any excess fat or flesh; greatly increased resistance to all forms of infection or disease and an increasingly great measure of control of both the autonomic nervous system and the hormone glands which, between them, control all the functions and conditions of the body.

Good health means not only physical health but also a healthy attitude of mind in which the nerves are stronger and steadier, the mind calm and clear, more composed, more tranquil, more relaxed, more confident.

It can mean a greater feeling of self-esteem, a greater feeling of personal well-being, safety, security, and happiness than has ever been felt before.

It can mean complete control of the thoughts and emotions, with the ability to concentrate better and utilize all the vast resources of the memory and the full intellectual powers of the subconscious mind.

It can mean the ability to sleep deeply and refreshingly at night and to awake in the morning feeling calm, relaxed, confident and cheerful—and ready to meet all the challenges of the new day with boundless energy and enthusiasm.

The words *good health* can mean to you any or all of these things and more. These words have tremendous power. I want you to let them sink deeply into your subconscious mind, which always does reproduce in you your dominant thoughts.

The next word I would like you to think about is *success*. It may mean a sense of recognition, satisfaction and achievement in your chosen field in life; a happy, fulfilling sex life; a closely-knit, loving family circle; the ability to make firm friends and mix easily in a social setting, or the confidence and skill to speak well in public.

It may mean the ability to set and achieve goals in life which are realistic, worthwhile and progressive, and the motivation and determination to achieve those goals. It may mean the confidence to enable you to throw off your inhibitions, to be spontaneous, to express your feelings without fear or hesitation.

Success may mean wealth in terms of money and the things that money can buy, or security

for yourself and your family. It can also show itself in the attitude of mind which gives inner happiness regardless of material possessions or circumstances.

It could mean the ability to overcome some particular problem; perhaps even some problem about which I do not know.

Whatever the word *success* means to you, I want you to use this word as an emotional stimulus to produce in you all the feelings which go with success.

Finally, I want you to think of the word *motivation*. What can it mean? It can mean the desire, determination and driving force to achieve a certain objective. It can mean a gradual but progressive strengthening of one's desire to be in charge of one's life; to destroy the old recordings of habit patterns; to play new music instead of old; to cease being a puppet of one's early conditioning and to become a creator of a new, healthy, happy, successful script in the play of life.

It can mean the gradual but progressive building of a stronger and stronger desire to stop [e.g., overeating or smoking, etc.] until the desire is so great that it is much stronger than the desire to [e.g., eat, smoke, etc.], and there is therefore no difficulty, hardship or discomfort in [e.g., losing weight, giving up smoking, etc.].

We have all been conditioned since birth to associate words with feelings. Words are therefore the tools which we are going to use to produce the feelings and results which we want. And these words are *health*, *success*, and *motivation*.

Learning to Feed Yourself: An Example of Age Regression to Experiences of Mastery

D. Corydon Hammond, Ph.D.
Salt Lake City, Utah

INTRODUCTION AND INDICATIONS

One method of ego-strengthening is through the use of direct suggestions. Another approach to ego-strengthening is to utilize experiences, particularly of mastery, in the personal life history of the patient. We may view the patient as having internal resources waiting to be tapped and utilized. This more indirect and experiential style was characteristic of Dr. Milton H. Erickson's method for enhancing esteem and self-efficacy. The example modeled here is one of moving from dependence to independence, as well as gaining mastery. Other early life experiences that may serve as a source of positive age regression include learning to walk, to talk, to read, to ride a bike, to roller skate, to swim, to drive a car, to skip rope, and to multiply and divide. The next contribution by Dr. Murray-Jobsis provides an excellent example of this approach in her suggestions about learning to crawl and walk. Hypnotic induction and trance-deepening should have been done prior to facilitating these experiences.

LEARNING TO FEED ONESELF

It might be interesting to allow your mind to drift back through time, as if you're growing younger and smaller, and smaller and younger. Allowing yourself to orient back to when you were a small infant. Just imagining as if you were a very small infant again, who still has to be fed by other people. And I'm not sure if you'll actually remember it exactly as it was, or if you'll only imagine it as if you were a baby again, and it doesn't really matter.

But I'd like you to find yourself in a high chair, or sitting and being fed. You are so small that someone else is feeding you. And it can be a very nice experience, to be fed. But when you're completely dependent on someone else, it can also be rather frustrating. Sometimes they may feed you too fast, and you really haven't had a chance to swallow the last bite before the next bite is already being put into your mouth. And your cheeks fill up with the food. And it's frustrating because you really can't tell them, except to push it out with your tongue. And at other times you feel full, and you really don't want any more, but they keep

trying to feed you, even though you keep turning your head away. At other times, the person who is feeding you can get distracted with something. And you're really hungry, and you want that next bite that's sitting out there in the spoon, but it's not moving toward your mouth. And it's so frustrating to not be able to get it. [Pause].

And a little later, as you get a little bigger, you begin trying to feed yourself. And you take hold of that spoon or food, and maybe at first you thought it would be easy. But you quickly find that it won't go where you want it to go. It looked so easy. You want to get that food into your mouth, but somehow your hand won't do exactly what you want it to do. And you really can't quite figure out how to do it, how to get it there. You keep missing, and dropping the spoon, and you really can't get it up to your mouth. Sometimes it almost gets there, and then oh, it missed again! And finally someone helps you, and takes over and feeds you, and it must have seemed like such a relief. And I'm sure at first, that you must have felt very discouraged. You must have thought you'd never be able to feed yourself, like you saw other people do. But you really wanted to do things for yourself. And you didn't give up, and other people encouraged you. And before you knew it, you could do it yourself. And what a feeling that is, to master things that seemed impossible, and be able to do things for ourselves, without depending on others. There was a time when it seemed impossible to be able to do that for yourself, and now you don't even think about it. [A bridging association may now be made to the patient's problem.]

Ego Building

Joan Murray-Jobsis, Ph.D.
Chapel Hill, North Carolina

GENERAL MESSAGES

And it begins to become easier to imagine traveling through time and space in trance, beginning to explore and understand ourselves more fully. And in that understanding an acceptance of self, coming to know and understand and accept our strengths and our limitations. Coming to access our strengths and our sense of power without apology or fear, without worrying whether our strengths please or displease others. And acknowledging to ourselves our right to achieve our own personal best self. And at the same time acknowledging our need to accept limitations. Learning to discriminate between those limitations that can be changed through growth and learning, and those limitations that may be an inevitable part of human existence. And coming to an acceptance of our total selves with our strengths and our limitations. Knowing that we have a right and an obligation to be our best self. But also knowing that no one should ask us to be or do more than our best self.

EXPANDING MASTERY

And perhaps beginning to explore and expand the possibilities of competency and mastery that are available to us, continuing to explore and expand our boundaries for competency and mastery. And perhaps traveling back into past experiences, traveling back to some of the earliest times in childhood and infancy, to some of our earliest attempts at growth and mastery.

LEARNING TO CRAWL AND WALK. Perhaps remembering and re-experiencing some of those early months of existence, of first beginning to crawl. Crawling across the floor. Feeling the excitement and the wonder of lifting the body off the floor and beginning to move. Feeling the strength and the power and the mastery of finally beginning to be able to move, not having to simply lie there waiting for someone to come. But being able to move, physically moving about, beginning to be able to explore things. And perhaps seeing the patterns beneath the fingers as the hands move across the floor crawling, the pattern of the carpet or the floor.

And feeling the excitement, the challenge, the mastery of being able to move about for the first time. And then perhaps reaching up to a chair or a table and pulling ourselves upright and standing for the very first time on two feet. And feeling once again that sense of mastery and excitement, struggle and accomplishment. And then still later taking that very first step, and wavering, and falling, but getting up again, and taking another first step, and falling. And so many steps and so many falls and failures. But always finding within ourselves the strength, the determination, to persevere, to endure all those falls and hurts and failures. And always getting back up and trying again. And from those first wavering steps we learned eventually to walk, and skip, and run, and jump, and after a while we hardly had to think about it at all.

And in those early months of existence, we were still free, not yet weighed down with those later fears of failure and of humiliation. And somehow as infants we knew instinctively that struggle and failure are a natural part of life and growth. And we knew that it is not avoidance of failure that leads to competence and growth; but rather it is learning from our failures, and perseverance, and willingness to take risks that allow us to grow and succeed. And even as the child learned to walk with steadier and steadier gait, so also can we as adults learn to walk through life—steadier and steadier, less fearful of our missteps and setbacks. So also can we as adults enhance our capacity for persevering our failures and expand our capacity for taking risks. And in so many ways, we can rediscover our capacity for growth, perseverance, risk-taking, allowing ourselves to move more freely and positively toward enhancing competency, mastery, growth, development.

EXPANDING JOY

And in similar fashion, beginning to explore and expand our capacity for joy in living. Beginning to explore all the ways in which we can experience joy in our everyday lives.

GLASS METAPHOR. And most of us remember the story of the glass filled to the halfway mark, and how one person can look at that glass with great sadness and dismay, saying, "Oh, how awful, the glass is already half empty," and another person can look at that same glass with a great sense of joy and happiness and say, "How wonderful! The glass is still half full." And of course in both cases, the glass and the liquid are exactly the same, but the perceptions are dramatically different. And since how we feel about our existence is influenced by how we perceive our existence, then isn't it reasonable always to choose to perceive the fullness and satisfactions of life, and to distance from whatever losses, discomforts, or dissatisfactions may be an inevitable part of our existence? And in so many ways we can add to our sense of joy in life by choosing to perceive the fullness of life, perceiving all of the positives that are sent to us throughout our days, all of the positive responses, the compliments, the affirmations, all of the kind words and the smiles. Allowing ourselves to perceive them and perhaps distancing away from whatever inevitable negatives there may be. And most of us have in the past placed far too much emphasis on whatever negative or critical comments we've received in our daily lives. And most of us have been trained in a false sense of modesty to dismiss the positive comments that have come to us. And isn't it better wherever possible to help ourselves really focus on those positive messages and to dismiss or take less seriously some of the inevitable negative messages we get in our daily lives.

And perhaps also beginning to allow ourselves to perceive the joys in nature more fully, really noticing when there is a beautiful blue sky and high white clouds, or really noticing the scenery on the way in to work as we drive. Or when we take a walk, really noticing the trees, and the sky, and everything in nature. Seeing the beauty that is around us, beginning to allow ourselves to expand our capacity to see, and feel, and hear the beauty in nature. And in our personal interactions, seeing, and hearing, and feeling the beauty in our associations with loved

ones, family, close friends, all of the good messages that come our way, perceiving them fully, expanding our capacity to perceive the joy in everyday living.

FREEDOM FROM DESTRUCTIVE COMPETITION AND ANXIETY

THE COMPETITIVE GAMES IN OUR FAMILY OF ORIGIN. And in addition to expanding our capacity for joy, for experiencing joy in living, we can also begin to explore the possibility of freeing ourselves from destructive forms of competition and destructive forms of anxiety. And very often we learn our patterns of competition in our early years, in our early years with our family. And sometimes we learn that we must always lose. Sometimes we compete for mother's approval and discover that mother's approval costs us father's love. Or sometimes we compete for father's approval and discover that in winning his approval we lose mother's love. And so we begin to discover that we lose by whatever action we take. And sometimes we compete with brothers and sisters for parents' love. And sometimes we discover that in winning our parents' love, we lose the love of our brother or sister. And again there's the feeling of somehow always losing. And in some families things are so destructive and mixed up that everyone competes, and no one wins.

And we begin to notice that the rules of competition are unfair, that the rules of the game are loaded. And the only way to deal with this destructive kind of competition is to step out of the game, refuse to play the game, and instead of seeking approval from others, we begin to set our own standards of approval. We learn to step out of the destructive game, and set our own standards of approval. We begin to get a sense of self, and to be able to define values, and to set our own standards. And then we begin to let go of the old habit of automatically competing, and we begin to judge whether the competition is fair. And we begin to discriminate, and select the competitions that are meaningful, and to determine whether winning is worthwhile, and we set our own standards of approval.

And similar to freeing ourselves from destructive competitions, we also can expand the possibilities of freeing ourselves from destructive forms of anxiety. Again as we begin to examine the past, looking at the origins of our anxiety, we discover that anxiety hangs on us as if it were a weight around our neck, weighing us down and making it difficult for us to function.

MOUNTAIN METAPHOR. And one of the ways we can begin to help free ourselves from these destructive anxieties is to begin to see our anxiety as if it were a mountain. And when we stand close to that mountain, it seems overwhelming. But we can imagine getting into a car and driving some distance from that mountain. And when we are far enough away, we can stop, get out of the car, and turn around and look back, and from this distance that mountain seems much less overwhelming. And from this distance we can begin to imagine different ways of getting beyond that mountain. Perhaps we discover a path around one or the other side of the mountain. Or perhaps we discover a tunnel through the base of the mountain. We might even discover that we can fly over the mountain. But in any event, from this distance that mountain of anxiety seems much less overwhelming. And we begin to discover that some of the anxieties become insignificant; some even disappear. And those that remain become much more manageable from this perspective. Everything does indeed become easier.

REFRAMING ANXIETY. And then we may notice that anxiety consists of several component parts. And some of these component parts of anxiety are really quite positive, consisting of excitement and challenge and interest and energy, the kind of energy that gets us "up" for a performance. And when we think about it, we begin to realize that life would be very boring if we had no challenge, and if we had no anxiety at all. Even as children we sought challenge and excitement: riding roller coasters, learning to ride a bicycle. And without these challenges life

would be dull and boring. So it's really only the excessive levels of anxiety that we experience as destructive, the excessive levels of anxiety that interfere with our performance. And these excessive levels of anxiety can be managed by distancing, while at the same time beginning to allow ourselves to experience and even enjoy the healthy, moderate levels of anxiety—to enjoy the challenges. Redefining the moderate levels of anxiety as energy, and interest, and excitement. And then with this new perspective, everything becomes easier.

The Ugly Duckling Metaphor

Roy L. Rummel, Ph.D.
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Once upon a time a mother duck sat hatching her eggs. One egg was larger; it was the last to hatch. Her duck friends said, "Be careful about that egg; it's probably a turkey. Turkeys'll give you nothing but trouble. Why not spend your time and energies mothering your new babies that are hatched. Forget that big, old turkey egg." The mother duck was determined to follow her best instincts, however, and she kept sitting on it, and it finally hatched. There it was, not a baby turkey, but a big, gangly duckling.

Now she's got this big, awkward kid, along with all her beautiful brood! In the barnyard her friends continued to make many a snide remark about this peculiar and ugly creature, but like God, with nurturing devotion in her heart, she kept loving them all, giving her mother duck's best. Time went on. Her big fellow got bigger and bigger, but so often he felt like an outcast. His ugly appearance was shunned by all his peers, and the gangs and cliques in the barnyard shot him down with many slings and arrows of adversity. . . .

Finally, one spring day, after what seemed an eternity, he was moving around the pond near the castle, and over across the way he spotted this magnificent, regal-looking swan floating with such grace and beauty it made his sad heart flutter. He thought, if only I could be just a little beautiful with just a fraction of that loveliness. Then all of a sudden, he happened to look down into the water beside him and behold! There was a mirror-image, a reflection, of himself. No longer was he the ugly duckling; he too was a swan, a creature of stately elegance.

The ugly duckling, transformed into a beautiful swan, can symbolize the growth and changes in all of us. When there are emotional hangovers of ugliness from the past, when we might have been like an ugly duckling at least to ourselves in some ways, through loving care and affirmations we also change, and we become transformed. . . . Our destiny is to be fully and completely alive, full of loving ourselves and loving others, and we grow and develop toward that destiny. . . . Now relax, and let this picture of the ugly duckling transformed into a beautiful swan inspire and energize you toward a richer, more abundant life, as you take a few moments of silence to reflect about the growth and transformations taking place inside yourself. . . . That moment of silence begins . . . now.

The Prominent Tree Metaphor

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INDICATIONS

A metaphor like this may be subtly disguised as a "deepening" technique ("to help you go still deeper"). During trance "deepening," before therapeutic work is usually done, patients are less likely to engage in the defensive monitoring and editing of suggestions. This type of metaphor may be particularly useful with patients who have been through trauma, deprivation, and difficult life circumstances. In such cases you could also discuss the early process of the tree's growth from a seed, encountering the hot

sun, learning to bend before the strong winds, being weighed down by the rains and snow, the animals that may try to devour it, learning to grow around obstacles, the process and periods of growth and latency, and the development of a hard outer bark to protect the tenderness within. (*Ed.*)

INTRODUCTION

One should discuss which fantasized scenes most relax a patient. This method avoids using guided imagery which may exacerbate patient phobias or allergies. A prominent tree can be introduced in any nature scene. For the present example let us say a fairly intelligent patient has selected a walk through a field of moderately tall grass. . . . The therapist counts 20 steps, pausing occasionally to call attention to tall blades of waving grass, colors, gentle breezes, etc., to deepen the trance.

THE METAPHOR

. . .Ten . . . eleven . . . twelve, now *see* to *your* right or your left *stands a tall strong tree*. Thirteen . . . fourteen, the tree is *so fascinating* that you walk around *admiring* it. Fifteen . . . sixteen, *hear* the birds *singing* in the tree. The sound of the birds singing along with the sound of the wind through the leaves and the wind through *your* clothing is so *relaxing*. Seventeen . . . eighteen, *see* the tree, how *fascinating*, how tall and strong. *Examine it carefully*. Notice the outcropping of the *roots* reaching out across the soil and disappearing into the ground. *Imagine the roots spreading deep* into the ground to *firmly anchor* the tree. *See* how *tall* the trunk is with a few twists and turns, the scars and rough edges that are the result of the tree's *struggle to survive* against the wind, the hail and the *storms of life. The struggle to survive made it stronger*. Notice how *high and far* the branches *reach* into the sky. *Imagine* the branches *offering shelter* to the birds and shade to *man*. You know the leaves *obtain energy* from the sun through the process of photosynthesis. *Imagine* the energy going through the cambium layers of the tree to the roots which obtain nitrates from the soil. *Imagine*, the *whole being, exchanging within itself*, to *give life, strength and health to the whole being*. Nineteen . . . twenty, as you *admire* that tree, *imagine yourself* like *that* tree, *tall and strong, firmly rooted and grounded. You*, like *that* tree have been made *stronger* by the vicissitudes of life. Like the tree's branches *you reach out* for help and *energy*. You too, can offer *shelter* and *help* to others. Within *you*, are the various *functional* systems to make the *whole you stronger and healthier*. But *now, think deeply, you are more* than that tree. *You can think, you have mobility, you can be discreet, you can make decisions, you can love and be loved, you can do so many, many things* that tree cannot do. Sense *your power, your strength, your abilities*. Be *grateful for you*. Think of *all you are!* Now please, *relax deeper and deeper* as *you* contemplate your strength. [At this point, if it is necessary, the therapist may utilize other ego-strengthening suggestions.]

The Seasons of the Year: A Metaphor of Growth

Lawrence R. Gindhart, Ph.D.

INTRODUCTION AND INDICATIONS

This metaphor was designed for a patient who wanted to "grow up," and may serve as an indirect method for facilitating personal "growth." Repetitions have been excluded from the written version, but should be included in presenting this to a patient. (*Ed.*)

THE METAPHOR

March is now, [patient's name], the time for beginning the growth that has ceased for so long—through the long cold winter. As you wonder, as you understand, as you listen to my

your mind, put it into the cloud. As you do so, your unconscious mind will put in other reasons of which you are unaware, causing the cloud to become increasingly dark. When you have put in every reason you are able to think of, it will be inky black.

Look at the black cloud containing all these negative programs and, as you do so, somewhere behind it you will see a source of light. At first quite dim, it will become increasingly bright. That light is really a sun, the sun of your own desire to be free of everything that has been preventing you from living life to its fullest.

The light grows stronger and brighter until it begins to burn away the black cloud. As this is happening, you will become increasingly aware of the warmth of the sun so that, as the cloud burns away completely, leaving no trace of either cloud or anything it contained, you will be able to bask in this warmth, feeling the sun's rays penetrating every cell of your body, bringing a wonderful sense of self-assurance and self-confidence.

THE PYRAMID

Imagine yourself back in ancient Egypt, standing in the desert before the cave-like entrance to a large pyramid. As you enter, you find yourself in a downward sloping passageway, well lit with torches. Feeling a sense of security and confidence, you follow this passageway as it takes you deeper and deeper into the heart of the pyramid.

At the very end of the passage is a vast storeroom filled with treasures of all descriptions. This is the storehouse of all the vast untapped resources, all the potential for good and for achievement, which you have not yet turned to your advantage. All of this treasure is rightfully yours, for it has been stolen from you through force of circumstance. However, unless you carry it back into the world outside to enjoy and to share with others, it will eventually be sealed up within the room and lost forever.

Naturally, you attempt to gather this treasure, for it is rightfully yours. Yet, you cannot. Some force is preventing you, a force emanating from a huge black statue in the center of the room. This statue, powered by a brilliant jewel embedded in its forehead, is the embodiment of all the negative forces of failure and defeat within you. It has been placed in the room as the guardian of the treasure, making all other guardians unnecessary.

To free this vast storehouse of your potential so that you can become the person you are capable of being, you must first overcome the negative tendencies, the forces of failure and defeat, within you which are acting to prevent this, these tendencies being personified and embodied in the guardian statue.

Go to the statue and knock the jewel from its forehead. As it lies on the ground, its lustre fades, so that it looks dark and ugly like a piece of coal. This can be stepped upon and crushed into black dust. Its power gone, the statue may then be pushed so that it falls and breaks into many pieces.

You are now free to gather up as many of the treasures as can be carried, taking it with you as you retrace your steps up the passage to the entrance. There is no need to attempt to take all the treasure, for you will be able to return to this treasure room whenever you want to. No matter how much you may take, or how many times you return, the room will never be empty.

Step outside into the warm sunshine, and return to the world of your everyday life with the treasures you have gathered. These treasures, which can be anything you want them to be, will reveal themselves in new habits, new ideas, and new directions.

On any occasion when you feel a lack of confidence in your ability to do something, think of the pyramid and the treasures it contains. As you do, you will feel a sense of confidence, strength, and power surging through you, filling you with the certainty that you are capable of accomplishing the task about which you were doubtful.

THE LAKE

INDICATIONS. This image may feel more compatible to a patient who enjoys the mountains

and certain leisure activities like swimming, canoeing or rowing. Imagery of walking in the mountains may be used for deepening before using this symbolic imagery experience. The patient may be asked to give a head nod or ideomotor signal when he/she is engaging in using some method to get across the lake, and when the other side is reached. Patients may also be asked to verbalize which activity they have selected for crossing the lake. (*Ed.*)

SUGGESTIONS. See yourself standing on the shore of a lake, looking out over the water. Where you stand, it is a dreary and depressing scene, the water rough and treacherous, whipped into waves by wind and rain. Yet, the other side of the lake is quite different, with people enjoying the bright sunshine and lively atmosphere. This is the shore of health and normality.

Visualize yourself crossing the lake in some way that requires considerable effort. Rowing a boat, paddling a canoe, or even swimming would be possibilities. Not only are the waves and wind to be combatted. Other obstacles will attempt to impede your progress from the shore of dreariness to the shore of brightness, but these you overcome. If the distance seems too great, or your efforts are exhausting, you can use the islands dotting the surface of the lake as temporary resting places.

When you finally reach the bright shore, as you will, you feel a tremendous surge of confidence, a belief in your ability to live your life as you want to, coping effectively and happily with whatever your environment provides.

Increasing Determination: The Snowball

H. E. Stanton, Ph.D.
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Picture yourself standing at the top of a tall snow-covered mountain, looking down into a valley below. In this valley is the place you have been attempting to reach. Though your journey has brought you as far as this mountaintop, further progress towards your objective is blocked, for all along the mountainside are numerous barriers and obstacles. These represent everything standing between you and the attainment of your goals.

Bend down and pick up a handful of snow. Examine this. You will find it to be soft and powdery, comparable, in a way, to your own determination which has, at times, lacked firmness and strength.

Add more snow, packing it more tightly in your hands, compressing it into a snowball which is firm, round, and hard. As you do so, feel your own assertiveness and determination becoming stronger and firmer too, as hard and as firm as the snowball being prepared for its trip down the mountainside. Walk over to a very steep incline at the side of the mountain and gently roll the snowball down it, straight at the obstacles below. Quite slowly the snowball rolls down the mountainside, growing in size as it does so, until it attains the proportions of a large boulder. It then becomes an avalanche, sweeping everything before it as it continues on its journey to the bottom.

The way is now clear. As all obstacles have been swept away, you can begin to descend the mountainside where your courage and determination have gone before to clear a path. As you imagine yourself striding purposefully down the mountain, you will know that, in your own mind, your determination is continuing to grow, as did the snowball, until it will become sufficiently strong to sweep away every obstacle in its path. You will then be able to attain whatever goals in life you have set, just as easily as you can now imagine yourself descending that mountainside.

Suggestions for Emotional Enrichment

Don E. Gibbons, Ph.D.

INTRODUCTION AND INDICATIONS

Many people consistently go at life with such an air of grim determination that they eventu-

ally lose, or at least severely blunt, their capacity to experience joy and a zest for living—not merely abandoning their sense of childlike wonder, but also the deeper, richer experiences of fulfillment which are characteristic of the fully functioning adult. . . .

The following postinduction suggestions are not designed to induce excessive or inappropriate affect, nor are they intended to elicit strong emotion merely for its own sake. Rather, they are designed for use as a set of "toning up" exercises for sufficiently suggestible subjects who are familiar with their aims and purposes: as a means of strengthening and heightening the capacity for positive emotional response, and as a method of counteracting occasional tendencies toward depression when such tendencies are primarily the result of habit or of failure to maintain a sufficiently optimistic outlook on life. When combined with appropriate suggestions of time expansion, these suggestions may also be useful as a means of providing a temporary substitute for persons who are presently addicted to mood- altering drugs. They may also be used as a method of pain control by allowing the subject to experience the opposite emotions. A similar approach has been employed for this purpose by Sacerdote (1977).

SUGGESTIONS

Now, as you continue to listen to my words, you find yourself being mentally transported to the center of a large, green meadow which lies at the foot of a tall mountain. But this is no ordinary mountain looming up before you; for this is a mountain of pure joy, and you are about to climb all the way to the top of it.

Now you are beginning to climb the mountain of joy. And as you climb, you can feel this joy coursing through every fiber of your being, as the level of joy within you continues to rise.

Now, you are about to be transported to greater heights of pleasure than you ever dreamed possible. As you continue soaring farther and farther into trance, you are already beginning to breathe more rapidly in anticipation of the joys which will soon be yours; for soon your entire body will be quivering with pleasure and tingling with delight. As you continue soaring farther and farther into trance, your ability to respond to experience of every kind is becoming infinitely keener. Your entire body is becoming exquisitely more sensitive and more responsive with every breath you take.

You are beginning to breathe even faster now, as your capacity for experience multiplies itself over and over. And the higher you climb, the higher you want to climb and the stronger the effects of my words become.

And as your entire body continues to grow more sensitive and more responsive with every breath you take, you are also becoming more free, more open, and more accepting of every type of experience. You are becoming totally and completely *free,* as your responsiveness continues to grow and your breathing comes still faster in anticipation of the joys which will soon be yours. And the higher you go, the higher you want to go and the stronger the effects of my words become.

And now, as your responsiveness and sensitivity continue to increase within an atmosphere of total freedom, we are beginning to release all of the vast, untapped resources of feeling and emotion which lie within you. Probing the depths of your innermost self, and releasing every wonderful, positive emotion for your exquisitely tuned body to savor and experience to the fullest.

And the higher you go, the higher you want to go and the stronger the effects of my words become.

Great waves of pleasure, ecstasy, and delight are gushing forth from the innermost depths of your being like water from behind a bursting dam, overwhelming you completely as your breathing comes still faster and your heart begins to pound.

But there is never any sense of strain or fatigue; for the heights which you are able to achieve in trance are truly without limit. And the higher you go, the higher you want to go

and the stronger the effects of my words become.

You are being guided all the way to the peak of the mountain by the sound of my words alone; and as I continue, you will feel wave after wave of ecstasy building up from the depths of your being and rolling endlessly forth like breakers upon an ocean shore. Each successive wave, as it comes crashing forth, will carry you still higher, leaving you ever more sensitive and more responsive to the one which is to follow.

And the higher you climb, the higher you want to climb and the stronger the effects of my words become.

The waves of joy will come faster and faster until they finally blend together into one vast tide. And when they finally fuse together and become one, they will carry you up to an ultimate peak of joy which is the fulfillment of all existence. And then you can sink back, happy and fulfilled, and able to experience joy more fully in your everyday life.

And each time this exercise is repeated, your capacity to experience joy will become greater, and your ability to *live* joyfully will be correspondingly enhanced.

Now, as you continue climbing on and on, you begin to sprint; for you are determined to reach the peak as soon as you can. And with every step, your speed increases. Running and running, breathing faster and faster, nearly bursting with delight as the level of joy within you continues to rise. And when you finally sink down upon the peak, a final burst of joy will explode within you like a rocket. Now you are very near the peak. Almost there. *Now!*

And as you sink down upon the peak and the joy begins to subside, it is followed by a boundless feeling of peace and tranquility, confidence and calm. You feel just as secure as a little baby nestled in its mother's arms. And as a result of having tapped into this vast potential for experiencing joy, you will be much more able to respond joyfully in everyday life situations; and each new day will contain new treasures of joy for you to discover and to experience.

Each time you climb this mountain of joy, you will be able to tap into more of this vast potential, and the joy which you are able to experience in your everyday life will be correspondingly enhanced.

Stein's Clenched Fist Technique

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INDICATIONS

This is an ego-strengthening and hypnotic conditioning technique that can give patients a valuable coping method for altering problematic emotional states. Unconscious resources within the patient (e.g., feelings of confidence, happiness, calm, spontaneity) are accessed and then conditioned, so that they may be evoked by the patient whenever needed. This technique may be used for coping with anxiety, anger, cravings (smoking, food, alcohol, drugs), with compulsive disorders, in nailbiting, and with psychosomatic disturbances. In a sense, this method is like the behavioral methods of thought stopping and thought substitution, which can often be made more powerful and automatic through hypnotic conditioning. Failures may occur if this technique is used when unconscious adaptive functions are being served which need to be examined through exploration techniques (e.g., ideomotor signaling), or when strong hostility requires exploration and abreaction. The verbalizations modeled below are mine, but they are modeled after Dr. Calvert Stein.

THE TECHNIQUE

[First, identify the resource and feeling state needed by the patient. Following induction and deepening, the patient may be told:] Now I want your unconscious mind to search through your memories and identify a time when you

felt (e.g., confident, happy, peaceful and calm, healthy, needed, accepted, competent, strong). Just allow your inner mind to identify a time when you felt _____, no matter how brief the experience, or how long ago, and no matter how intimate or personal the experience, because it isn't necessary to tell me anything about it if you don't want to. And when your unconscious mind has identified that experience, just allow your "yes" finger to float up.

[After an ideomotor response:] Good. Now I'd like your unconscious mind to take you back through time to that experience. Just allow yourself to drift back to that experience, and when you are there, allow your "yes" finger to float up again. [Following an ideomotor response:] Good. And as you enjoy that experience again, you can begin to sense those feelings associated with it—feelings of _____. And when you're aware of experiencing those feelings again, allow your "yes" finger to float up to signal me. [Pause for response] That's right. And notice how those feelings get *stronger*, as you enjoy that experience again, in complete privacy. [Pause]

And now as you feel these feelings, I'd like you to close your dominant hand into a *tight* fist, and as you do so, these positive feelings become *even stronger.* That's right, just close your dominant hand into a *tight* fist, as a sign and symbol of confidence and determination. This is the hand that you trust and depend on. And as you clench it tightly, feel the feelings of _____ becoming *even stronger.* And when you're aware of feeling those feelings even more strongly, just nod your head to let me know.

That's right, and just continue enjoying that experience, and these good feelings, allowing them to fill you, and to flow all through you. And as you continue experiencing these feelings, take several deep, refreshing breaths, while your unconscious mind *memorizes*, all of these wonderful feelings. Because in the future, whenever you close your dominant hand into a *tight* fist like this, you will feel once again, these feelings of _____ and _____, flowing back over you and filling you. Whenever you want to experience these feelings again, all you need to do is clench your dominant hand into a fist, and this same kind of memory and feelings, will come back into your experience.

[Identify two other experiences where the patient felt these same types of feelings, going through the same procedure and suggestions.]

And now you can feel pleased, and feel a sense of confidence in knowing, that you have learned a method for recapturing these feelings, *whenever you need them.* Your unconscious mind has *memorized* these feelings, these experiences, and they will remain just beneath the surface, as inner resources. And because of this conditioning, they will be readily available, *whenever* you need them. All that you'll need to do is to clench your _____ hand into a fist, as these memories, and positive feelings, wash back over you.

And I'd like you to demonstrate this for yourself now. In a moment, I want you to squeeze that (right, left) hand into a confident fist. And as you do so, notice, just notice how one of these same wonderful *memories*, and these *same feelings*, come back into your experience. Go ahead. [Pause] And enjoy this experience. [Pause] And the *stronger* you clench that fist, the more vivid the feelings become, do they not? [A double check] And I'd like you to appreciate, your own ability, to recapture these feelings, *whenever* you wish, knowing that they are *always there*, just beneath the surface for you.

Now allow that fist to relax, and allow yourself to drift into an even sounder, and deeper hypnotic state. [Deepen the trance.]

And now you're going to have an opportunity, to learn another method, which will allow you to even more effectively neutralize the feelings of _____, and replace them with feelings of _____ and _____. In a moment, I'd like you to permit yourself to remember an unpleasant experience, that made you feel _____. It doesn't have to be so unpleasant that it makes you miserable. I don't want you to be *that* uncomfortable. But allow just enough of an unpleasant memory to come back, so that you begin to feel *some* of those feelings of _____. [Pause] And when

you're experiencing some of those unpleasant feelings, signal me with your "yes" finger.

All right. And now I want you to enjoy discovering something, *very* interesting. I want you to notice, how these negative feelings can be transferred and displaced, into your nondominant, (left, right) hand, as you close it into a fist. Close your (left) hand into a fist, and as you do so, be aware of how those unpleasant feelings and sensations funnel down, through your shoulder, your arm, your forearm, down into your (left) fist. Allow all those unpleasant feelings and sensations, those negative emotional and physical knots, to flow down into your _____ fist, condensing and concentrating there. Lock them up *tightly* in that fist, keeping them there until you're reasonably sure that all of them, or the majority of them, are in that fist, where *you* yourself have displaced and transferred them. You may not always be able to keep unpleasant feelings from appearing in your mind or body, but you'll be able to transfer them into your _____ fist, where *you can control them*. And when it feels as if all those unpleasant feelings, are collected into that fist, just nod your head to signal me.

Good. Now, since you're the one who put those feelings into that (left) fist, you're the person who can remove and neutralize them. And I want you to observe *how easy it is*, to get rid of those feelings, and *replace them* with positive feelings. I want you to squeeze your (dominant) hand into a strong, confident, happy fist. And as you do so, allow your (nondominant) hand to relax, *letting go* of all those unpleasant feelings. That's right. Just move those fingers around, allowing *all* those unpleasant feelings to flow out of your hand, as if they were just evaporating, or falling onto the floor. And you'll discover that the unhappy memory *disappears*, and is *replaced* by a *positive* one. And you can *enjoy* that happy memory again, in complete privacy, with that happy fist *tightly* closed, as a symbol of confidence, and strength, and determination. Enjoy taking several extra deep, relaxing breaths, as you just luxuriate in these positive feelings for a while. [Pause] And these good feelings *will* remain with you, far *longer* than you might expect.

You now have a method for controlling your own feelings, and for creating this same sense of well-being, *whenever* you need to. So whenever you feel (negative feelings), just close your (nondominant) hand into a fist. As you do so, you'll feel all

those unpleasant feelings and sensations flowing, and funneling, and concentrating into your _____ hand. And after a short time, when it feels as though all those unpleasant feelings are locked up in that hand, then you can *neutralize* them. You can get rid of them, and then replace them with positive feelings, by simply squeezing your (dominant) hand into a tight fist, while you open your _____ hand, and *let go* of all the unpleasant feelings and sensations. And I want you to really *enjoy*, all the *positive* feelings, and *wonderful* memories that flow over you, and that will *increase*, the *tighter* you squeeze that _____ fist. And after a minute of two of clenching that fist, you'll discover that those pleasant, *good* feelings, *will remain with you*. Almost as if, by clenching that _____ fist, you've infused your *whole being* with *so many*, *good* feelings, with *so much* of those natural endorphin substances from your brain, that *for a long time*, there's just *nothing* to bother you, and *nothing* to disturb you.

Suggestions for Ego-Strengthening

John Hartland, M.B.

INDICATIONS

The suggestions that follow are *the* original ego-strengthening method, pioneered by the late John Hartland. Although they are extremely general, highly directive and authoritarian, they may nonetheless be useful with patients who are dependent and submissive to

authority. Clinicians may also find certain concepts and ideas useful to adapt for individual patients, and to modify into a more permissive form. (*Ed.*)

SUGGESTIONS

You have now become *so* deeply relaxed . . . *so* deeply asleep . . . that your mind has become *so* sensitive . . . *so* receptive to what I say . . . that *everything* that I put into your mind . . . will sink *so* deeply into the unconscious part of your mind . . . and will cause so deep and lasting an impression there . . . that *nothing* will eradicate it. Consequently . . . these things that I put into your unconscious mind . . . will begin to exercise a greater and greater influence over the way you think . . . over the way you feel . . . over the way you behave.

And . . . because these things *will* remain . . . firmly imbedded in the unconscious part of your mind . . . after you have left here . . . when you are no longer with me . . . they will continue to exercise the same great influence . . . over your *thoughts* . . . your *feelings* . . . and your *actions* . . . *just* as strongly . . . *just* as surely . . . *just* as powerfully . . . when you are back home . . . or at work . . . as when you are with me in this room.

You are now so *very deeply asleep* . . . that *everything* that I tell you that is going to happen to you . . . *for your own good* . . . *will* happen . . . *exactly* as I tell you. And *every feeling* . . . that I tell you that you will experience . . . you *will* experience . . . *exactly* as I tell you. And these same things *will continue to happen* to you . . . *every day* . . . *just* as strongly . . . *just* as surely . . . *just* as powerfully . . . when you are back home . . . or at work . . . as when you are with me in this room.

During this deep sleep . . . *you* are going to feel physically *stronger* and *fitter* in every way. You will feel *more* alert . . . *more* wide awake . . . *more* energetic. You will become *much* less easily tired . . . *much* less easily fatigued . . . *much* less easily discouraged . . . *much* less easily depressed. *Every day* . . . you will become *so deeply interested* in whatever you are doing . . . in whatever is going on around you . . . that your mind will become *completely distracted away from yourself*. You will no longer *think nearly so much about yourself* . . . you will no longer *dwell nearly so much upon yourself and your difficulties* . . . and you will become *much less conscious of yourself* . . . *much less preoccupied with yourself* . . . *and with your own feelings*.

Every day . . . your nerves will become *stronger and steadier* . . . your mind *calmer and clearer* . . . *more composed* . . . *more placid* . . . *more tranquil*. You will become *much less easily worried* . . . *much less easily agitated* . . . *much less easily fearful and apprehensive* . . . *much less easily upset*.

You will be able to *think more clearly* . . . you will be able to *concentrate more easily*. You will be able to *give up your whole undivided attention to whatever you are doing* . . . *to the complete exclusion of everything else*. Consequently, *your memory will rapidly improve* . . . and you will be able to *see things in their true perspective* . . . *without magnifying your difficulties* . . . *without ever allowing them to get out of proportion*.

Every day . . . you will become *emotionally much calmer* . . . *much more settled* . . . *much less easily disturbed*. *Every day* . . . *you* will become . . . and *you* will remain . . . *more and more completely relaxed* . . . and *less tense* each day . . . *both mentally and physically* . . . even when you are no longer with me.

And *as* you become . . . and *as* you remain . . . *more relaxed* . . . *and less tense* each day . . . *so* . . . you will develop *much more confidence in yourself* . . . more confidence in your ability to *do* . . . not only what you *have* . . . to do each day . . . but more confidence in your ability to do whatever you *ought* to be able to do . . . *without fear of failure* . . . *without fear of consequences* . . . *without unnecessary anxiety* . . . *without uneasiness*. Because of this . . . *every day* . . . you will feel *more and more independent* . . . *more able to*

'stick up for yourself' . . . to stand upon your own feet . . . to hold your own . . . no matter how difficult or trying things may be.

Every day . . . you will feel a *greater feeling of personal well-being . . . a greater feeling of personal safety . . . and security . . .* than you have felt for a long, long time. And because all these things *will* begin to happen . . . *exactly* as I tell you they will happen . . . *more and more rapidly . . . powerfully . . . and completely . . .* with every treatment I give you . . . you will feel *much happier . . . much more contented . . . much more optimistic in every way.* You will consequently become much more able to *rely upon . . . to depend upon . . . yourself . . . your own efforts . . . your own judgment . . . your own opinions.* You will feel *much less need . . .* to have to *rely upon . . .* or to *depend upon . . . other people.*

Suggestions for Self-Reinforcement

Don E. Gibbons, Ph.D.

INTRODUCTION AND INDICATIONS

The following suggestions are designed to assist an individual in developing a greater capacity for self-reinforcement so that he will be less dependent on external sources of reward—and hence, better able to determine the course of his own conduct. Of course, numerous concrete applications are possible.

SUGGESTIONS

Now I would like to help you to experience the feelings of satisfaction and achievement which come with the attainment of an important goal, so that you can learn to practice and strengthen these feelings and apply them to the attainment of other goals in your life. First of all, I would like you to think of a time in the past when you had just achieved something that was very important to you—something that gave you a strong sense of pride and accomplishment, and meant a great deal to you at the time. It may have been graduation from high school, or the day you got your first driver's license, or almost anything else you can think of, as long as it was something you really felt good about when it happened. Take your time, and as soon as you have thought of a situation which fits this description, you can signal me by raising the index finger of your right [or left] hand.

[After the subject has responded:] All right. Now let yourself get in touch with the feelings of achievement and satisfaction which you were feeling when you were actually in that situation. Let yourself go back and experience those feelings once more, and feel them growing even stronger as I speak. Growing and growing, and becoming clearer and stronger and more intense with every passing second. And all the time I am speaking to you, until the trance is over, these feelings are going to continue growing stronger by themselves.

And when the trance is ended, your normal, everyday mood will return. And of course, you will have no need to balance things out by feeling bad, just because you have been allowing yourself to feel so good. But because you have been able to recapture and to strengthen these feelings of pride and accomplishment, and the sense of deep personal satisfaction that goes with them, it will be much easier for you to feel good in the future over all the things you do that you ought to feel good about, and to give yourself a pat on the back whenever you have it coming.

Visualization of the Idealized Ego-Image

Maurice H. McDowell, Th.D.
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INTRODUCTION

Normally, I ask patients to read the first four chapters of Maltz's *Psycho-Cybernetics.* If they

read the first four chapters, they normally will continue to read the rest of the book, and this makes an excellent background for therapy. After deep hypnosis has been obtained, the following suggestions are given to each patient.

SUGGESTIONS

Each person has several self-images. Your obvious, conscious self-image is largely a reflected image of how you feel significant people have reacted to or treated you. If you have felt that they treated you as a just, honorable, and decent person, you will tend to think of yourself in those terms. If, on the other hand, you have felt that they regarded you as a bad, lying, thieving, untrustworthy person of little value, you will tend to think of yourself in those terms.

You also have precise self-images: How you feel that your father feels toward you. What your mother would say about you if she were present now. Or, how would your favorite teacher evaluate you? How do you think the teacher you most dislike would evaluate you? What would your best friend say about you? [These various images were sometimes discussed with the patient for clarification. If any traumatic materials were elicited, a temporary amnesia was often instilled for follow-up at a later time.]

Now I want you to go way deep into your own mind and visualize the *real* you, the kind of a person you really are and can really become. I want you to look at it very carefully and to study it thoroughly and lock it into your conscious mind so that we can discuss it when I alert you.

I shall count to three, and the visualization will immediately appear in your mind. As soon as you have completed the visualization, please lift your right index finger to signal me that you have completed your part of this project and are willing to be alerted. . . .

[This technique has been used with over one hundred college students in their search for identity. It has been very helpful to a majority of the students.]

Cycle of Progress

Douglas M. Gregg, M.D.
San Diego, California

As you continue to relax, just letting yourself drift down deeper and deeper relaxed . . . you relax completely throughout every fiber of your being; relaxing physically, emotionally, mentally and spiritually. And as you relax so completely in this fashion, concentrating your mind, listening to each word that I say, you let each suggestion take complete and thorough effect to help you, deeply and automatically, on both the conscious and unconscious levels of mind activity. You extend the principles of relaxation and concentration which you now experience into your everyday life so that in every situation, and in every circumstance in which you find yourself, whether alone or with others, you relax and you concentrate your mind, automatically; no matter what you are doing, you find that more and more, day by day, you relax and you concentrate your mind. If you are doing something for fun or relaxation, you relax and you enjoy it more . . . you concentrate your mind casually and comfortably and get more out of what you are doing. If you are doing something that involves work or some serious project or activity, you relax and apply yourself more thoroughly, more effectively; you concentrate and do a better job. And so, every day in every situation and in every circumstance in which you find yourself, you relax and you concentrate, more and more and more. As you relax and concentrate, you evaluate everything thoroughly and completely; you reach decisions easily and readily; you act efficiently and effectively; and you build your self-confidence, your self-reliance, your self-acceptance, and your self-esteem. You become a stronger individual; you become self-sufficient. As this occurs, you feel more relaxed and you are capable of greater concentration.

Just drifting down now . . . way down . . . deeper relaxed. And you realize that as you are more relaxed and as you are capable of greater concentration, you evaluate things even more

thoroughly and completely; you reach decisions even more easily and readily; you act even more efficiently and effectively and you continually build your self-confidence, self-reliance, self-acceptance, and self-esteem . . . growing stronger and more capable every day in all situations. As you do this, you feel even more relaxed and you are capable of even greater concentration. As you drift down deeper relaxed, you let all of these suggestions seat themselves deeply, permanently in your unconscious mind. And as you apply these principles in your life automatically every day, in every situation and in every circumstance in which you find yourself, whether alone or with others, you relax more and more deeply, you concentrate your mind more and more sharply and intensely, you evaluate thoroughly and completely, you reach decisions easily and readily, you act efficiently and effectively, and you continually build your self-confidence, self-reliance, self-acceptance, and self-esteem. And you continually find that you are capable of more relaxation and greater concentration and so on in a cycle of progress that grows, that deepens, strengthens and reinforces itself every day as you grow and become that person that you have always admired; the person you have always wanted to be: self-sufficient.

All of these suggestions are now implanted deeply, firmly and permanently in the deepest reaches of your unconscious, and they are part of your entire being to be used automatically by you to make your life more effective, more productive, more useful and happier as you learn to relax more and more, as you learn to concentrate your mind more and more. Helping you as you learn to relax, deeper and deeper relaxed . . . as you learn to concentrate your mind more and more intensely, more and more completely, just drifting deeper relaxed.

A Brief Ego-Strengthening Suggestion

William T. Reardon, M.D.
Wilmington, Delaware

You will be able to tolerate the persons, places, or things that used to disturb you and annoy you. You will be able to adjust yourself to your environment, even though you cannot change it.

A Future-Oriented Suggestion

P. Oystragh
Bondi, N.S.W., Australia

. . .and as this begins to happen, every day you will find yourself better able to . . . [include relevant suggestions] . . . and achieve for yourself that picture of yourself that you have in your mind's eye. As you want to be, as you can be, and as you will be.

You will be able to stand up for yourself, stand on your own feet and state your opinion or suggestion without embarrassment, without fear and without anxiety.

ANXIETY, PHOBIAS, AND DENTAL DISORDERS

INTRODUCTION

Anxiety and Phobic Disorders

THERE ARE MANY METHODS for working hypnotically with anxiety disorders. Occasionally, direct suggestions for relief of anxiety or phobias prove effective (e.g., Horowitz, 1970; Marks, Gelder, & Edwards, 1968; Naruse, 1965). When direct suggestions are ineffective, there are many other suggestive hypnotic techniques that may be productive. The patient may be taught to dissociate from anxiety-provoking circumstances. This may be accomplished through imagining floating away to a tranquil setting, feeling distant from tension-producing situations, or through age regression or age progression to more peaceful scenes and times (temporal dissociation). Contributions by the Spiegels, Stanton, Finkelstein, and Stickney model variations of such dissociative methods. Hammond's serenity place technique found in the ego-strengthening chapter is yet another example of scene visualization and dissociation for anxiety management.

Simply the process of induction and deepening generally relieves anxiety. Thus verbalizations for a progressive relaxation induction have been included as part of this chapter, although many other induction methods may produce anxiety reduction. Meares' contribution on the use of deep meditative trance, primarily facilitated through nonverbal methods, provides another option for anxiety management. This method is similar to the technique of prolonged hypnosis discussed in Chapter 8.

Hypnotically-facilitated systematic desensitization and mental rehearsal of successfully coping with tense situations are yet other methods for treating anxiety and phobic disorders (Clarke & Jackson, 1983). Advan-

tages of hypnotic desensitization over traditional behavioral desensitization include enhanced scene visualization (Deiker & Pollock, 1975; Glick, 1970) and the ability to give posthypnotic suggestions to encourage behavioral responses to the situations that were imagined (Deyoub & Epstein, 1977; Gibbons, Kilbourne, Saunders & Castles, 1970).

Cognitive factors may be another important etiologic component of anxiety and phobic responses. When low self-esteem is determined to be an aspect of the problem, ego-strengthening methods may be employed. Any cognitive therapy interventions that are used at a conscious level may also be reinforced hypnotically. Thus in this chapter you will find Gurgevich modeling one of his methods for cognitive reframing. Rational-emotive therapy suggestions such as those found in this chapter and in the chapter on ego-strengthening may likewise be offered to anxious patients to modify their underlying assumptions and internal dialogue. Hypnosis may also be used to age regress patients to experiences immediately before they began to feel anxious (Crasilneck & Hall, 1985). This may aid in pinpointing the situations that elicit anxiety as well as the internal dialogue and imagery that evoke problematic responses. Age regression to times prior to the development of the phobia, when the patient was coping successfully, has also proven effective (Logsdon, 1960).

There are times, however, when a phobic response or generalized anxiety is caused by more than simply conditioning or irrational cognitions. In these cases unconscious exploration, through ideomotor signaling (Hammond & Cheek, 1988), ego-state therapy (Van der Hart, 1981), or hypnoprojective techniques (Gustavson & Weight, 1981; Schneck, 1966; Wolberg, 1948), has successfully identified conflicts, functions, purposes or past experiences that are beyond conscious awareness. When traumatic events are found to be associated with phobic reactions, it may be profitable to facilitate an age regression and abreact the feelings associated with the experience.

Finally, it should additionally be reinforced that hypnotic interventions may (and often should) be used in conjunction with more traditional psychotherapeutic and medical interventions. In the treatment of phobias or panic disorder, for example, hypnotic methods may be combined with medication, in-vivo desensitization, cognitive therapy, bibliotherapy, marital or systems therapy, imaginal desensitization, and assertiveness or social skill training to produce a broad spectrum treatment package (e.g., Barlow & Cerny, 1988; Lazarus, 1989). The suggestions by Ellis in this chapter are illustrative of how hypnosis may be used to reinforce nonhypnotic therapies.

There has been a tremendous amount published on hypnosis with phobic disorders, including a theme issue of the *American Journal of Clinical Hypnosis* in April 1981 and one book (Clarke & Jackson, 1983) focused on hypnotic treatment of anxiety and phobic disorders. We will not attempt in this introduction to provide a thorough review of an area as broad as anxiety, phobias and panic disorder. However, it seems important to note that, despite the fact that hypnosis is often useful in the treatment of anxiety and phobic disorders, careful evaluation and treatment are still essential (Crasilneck, 1980). At least 76 different phobias have been identified (Laughlin, 1967), and thus, the seemingly unitary category "phobic disor-

ders" is far from a homogeneous grouping. Patients with phobias or anxiety disorders should not all automatically receive the same treatment. For instance, Fermouw and Gross (1983) emphasized the importance of considering the subtypes of social phobias, taking into account the difference between patients with high physiological arousal alone versus those with high cognitive and high physiological arousal.

The first section of this chapter will overview a variety of suggestions for facilitating anxiety relief. Suggestive procedures for the treatment of phobic disorders will be the next topic of this chapter.

DENTAL HYPNOSIS

There are many applications of hypnosis in dentistry. A large percentage of patients are anxious and fearful concerning dental work, some to the point of being phobic. Hypnotherapy prior to dental work, self-hypnosis training, and naturalistic (informal) hypnotic procedures may all prove calming for the patient. Suggestions that are found in other chapters of the book on pain, anesthesia, healing and working with children are certainly relevant to dentistry. Use of dental analgesia will reduce the need for chemical anesthetic agents, along with their risks and side effects. Hypnotic analgesia will prove particularly beneficial when medical conditions and allergies preclude the use of chemical anesthetic agents. Dentists will also want to consult Chapter 8 for suggestions to promote vascular control, for example, to control bleeding among hemophilia patients. Hypnotic suggestions may also be extremely effective in working with bruxism, temporomandibular joint syndrome, gagging, thumbsucking, nailbiting, tongue thrusting, and in adjusting to dentures. Hypnotic suggestions can additionally facilitate compliance to suggestions for brushing, flossing, adjusting to dentures, and wearing dental appliances. Finally, hypnosis can be of particular value in pediatric dentistry to facilitate cooperation, minimize misbehavior, and reduce pain and anxiety. Research (Barber, Donaldson, Ramras, & Allen, 1979) also suggests that the combined use of hypnosis with nitrous oxide may prove unusually effective, potentiating the effects of suggestions.

INDICATIONS AND CONTRAINDICATIONS FOR HYPNOSIS WITH TEMPOROMANDIBULAR JOINT SYNDROME AND BRUXISM.

Temporomandibular Joint Syndrome (TMJ) may cause symptoms of jaw pain, joint and muscle tenderness, abrasion of teeth (secondary to bruxism), and joint dislocation and/or sounds. TMJ, jaw clenching and bruxism may be an undiagnosed cause of headaches, particularly when the patient awakens with headaches. Clinicians who are not dentists should have potential TMJ problems evaluated by a dental or a maxillofacial specialist. Occlusal problems may result from abnormal malocclusion, and tooth grinding may stem from neoplasms, degenerative joint disease, congenital anomalies or trauma. The meniscus may also be displaced, worn down or torn.

Patients should be cautioned, however, that some dental specialists almost routinely suggest surgery without first trying more conservative

treatments. Teflon joint implants that break down over time and require further surgery are also still being used. Nonhypnotic and nonsurgical treatments also include the use of removable splint and jaw appliances. However, placebo treatments often (40%–64%) provide lasting remissions and stress seems to be a prominent etiologic variable in both bruxism and TMJ. Thus hypnotic suggestions and self-hypnosis training may provide lasting relief for many patients. In this regard, many of the suggestive procedures included in the first part of this chapter for treatment of anxiety may be beneficial. Hypnotic approaches to TMJ and bruxism may include abreaction of emotions (e.g., anger), self-hypnosis training, and suggestive hypnosis. The final section of the chapter will present suggestions that have been used successfully by various clinicians for managing various dental problems, along with an overview of the areas in which hypnosis may be used in dentistry.

HYPNOSIS WITH ANXIETY

Progressive Relaxation Induction or Deepening Technique

D. Corydon Hammond, Ph.D.
Salt Lake City, Utah

FIXATION ON BODY AND BREATHING

I'd like you to begin by just resting back, very comfortably, and closing your eyes. Just rest back in the way that is most comfortable for you right now, just resting your hands on your thighs, or on the arms of the chair. And as you just settle back comfortably, this will be an opportunity for you to become even more comfortable, and to experience a hypnotic state, very easily, and very gently, and very comfortably.

And as you rest back, you can begin noticing the feelings, and sensations in your body right now. Just notice some of the sensations, that you can be aware of right now. For instance, you may become aware of the feel of the shoes on your feet; or you may notice the sensations in your hands as they rest there; or perhaps you may be aware of how the chair supports your body. And as you continue listening to me, and breathing easily and comfortably, and deeply, you may become aware of the sensations as you breath, noticing for example that the sensations are different when you breathe in [timed to inhalation], and when you breathe out [timed to exhalation]. Just notice those feelings as you breathe in [timed to inhalation], and fill your lungs; and then notice the sense of release, as you breathe out [said while exhaling simultaneously with the patient].

PROGRESSIVE RELAXATION

And now I'd like you to concentrate particularly on the feelings in your toes and feet. Just allow all the muscles and fibers in your toes and feet, to become very deeply relaxed. Perhaps even picturing in your mind's eye what that would look like, for all those little muscles and tissues to relax, loosely and deeply. Allowing yourself to get that kind of feeling you have when you take off a pair of tight shoes, that you've had on for a long time. And you can just let go of all the tension in your toes and feet, and feel the relaxation spread. [Brief pause]

And now imagine that this comfort and relaxation, is beginning to spread and flow, like a gentle river of relaxation, upward, through your ankles and all through your calves. Letting

go of all the tension in your calves, allowing them to deeply, and restfully, and comfortably relax. And when it feels as if that comfort has spread all the way up to your knees, gently nod your head to let me know. [Pause] [After a response:] Good. [This signal is a double check that the patient is responding adequately and it also allows the facilitator to gauge the amount of time needed for purposes of timing the rest of the induction. A signal may also be given when the comfort has reached the top of the thighs.]

And allow that comfort to continue, flowing upward, into your knees, and behind your knees and through your knees, and into your thighs, letting go of all the tension in your thighs. Perhaps once again imagining what that might look like, for all those large muscles and tissues, to become soft and loose, and deeply relaxed. Perhaps already noticing that sense of gentle heaviness in your legs, as they just sink down, limply and comfortably. And when you notice that sense of heaviness in your legs, gently nod your head again. And continue to allow that comfort, to flow and spread upward, at its own pace and speed, into the middle part of your body. Flowing into your pelvis and abdomen and stomach, [pause] through your hips and into your lower back. Letting that soothing, deep comfort spread, inch by inch, up through your body, spreading from muscle group to muscle group. Gradually, progressively flowing into your chest, [brief pause] into your back, [brief pause], between your shoulder blades, and into your shoulders. Just allow all the tension to loosen, and flow away. As if somehow, just the act of breathing is increasing your comfort. As if somehow, every breathe you take, is just draining the tension out, of your body, taking you deeper, [timed to exhalations] and deeper, into comfort, with every breath you take. And allow that comfort to flow into your neck and throat. Perhaps imagining once again what that would look like, for all the little fibers and muscles in your neck and throat, to deeply, softly, comfortably relax. Let that relaxation sink deep into your neck. And it can gradually flow up your neck, up into your scalp, and all out across your scalp, as if it's just bathing your head, with waves of comfort, and relaxation. And that relaxation can flow down, into your forehead, and like a gentle wave, down across your face, into your eyes, your cheeks, your mouth and jaw. Just let go of all the tension in your face, your mouth, your jaw, allowing those tissues and muscles to sag down, slack and relaxed.

And now allow that comfort to flow back down your neck, and across your shoulders, and down into your arms. Letting that comfort flow down your arms, through your elbows, [pause] through your wrists, through your hands and fingers, right down through your fingertips. Letting go of all the tension, and tightness, letting go of all the stress, and strain, all through your body. Just allowing your body to rest, and relax.

Hypnotic Treatment Techniques with Anxiety

David Spiegel, M.D., and
Herbert Spiegel, M.D.
Stanford, California, and New York, New York

Anxiety patients are taught to concentrate on developing a physical sense of floating relaxation, a sense of floating in some setting they associate with comfort, such as a pool, a bath, a lake, or a hot tub. They are then instructed to picture an imaginary screen in their mind's eye, with the picture on that screen initially a pleasant scene. They are thus taught that they can use their reservoir of memories and experiences to produce psychological relaxation and physical comfort rather than anxiety. They are then taught to picture what concerns them on this imaginary screen, using the center of the screen as a problem or receiving screen where they choose what particular anxiety-related problem they wish to work on. Then they are instructed to move some particular problem on which they wish to do further mental work

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And allow that comfort to continue, flowing upward, into your knees, and behind your knees and through your knees, and into your thighs, letting go of all the tension in your thighs. Perhaps once again imagining what that might look like, for all those large muscles and tissues, to become soft and loose, and deeply relaxed. Perhaps already noticing that sense of gentle heaviness in your legs, as they just sink down, limply and comfortably. And when you notice that sense of heaviness in your legs, gently nod your head again. And continue to allow that comfort, to flow and spread upward, at its own pace and speed, into the middle part of your body. Flowing into your pelvis and abdomen and stomach, [pause] through your hips and into your lower back. Letting that soothing, deep comfort spread, inch by inch, up through your body, spreading from muscle group to muscle group. Gradually, progressively flowing into your chest, [brief pause] into your back, [brief pause], between your shoulder blades, and into your shoulders. Just allow all the tension to loosen, and flow away. As if somehow, just the act of breathing is increasing your comfort. As if somehow, every breathe you take, is just draining the tension out, of your body, taking you deeper, [timed to exhalations] and deeper, into comfort, with every breath you take. And allow that comfort to flow into your neck and throat. Perhaps imagining once again what that would look like, for all the little fibers and muscles in your neck and throat, to deeply, softly, comfortably relax. Let that relaxation sink deep into your neck. And it can gradually flow up your neck, up into your scalp, and all out across your scalp, as if it's just bathing your head, with waves of comfort, and relaxation. And that relaxation can flow down, into your forehead, and like a gentle wave, down across your face, into your eyes, your cheeks, your mouth and jaw. Just let go of all the tension in your face, your mouth, your jaw, allowing those tissues and muscles to sag down, slack and relaxed.

And now allow that comfort to flow back down your neck, and across your shoulders, and down into your arms. Letting that comfort flow down your arms, through your elbows, [pause] through your wrists, through your hands and fingers, right down through your fingertips. Letting go of all the tension, and tightness, letting go of all the stress, and strain, all through your body. Just allowing your body to rest, and relax.

Hypnotic Treatment Techniques with Anxiety

David Spiegel, M.D., and
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Anxiety patients are taught to concentrate on developing a physical sense of floating relaxation, a sense of floating in some setting they associate with comfort, such as a pool, a bath, a lake, or a hot tub. They are then instructed to picture an imaginary screen in their mind's eye, with the picture on that screen initially a pleasant scene. They are thus taught that they can use their reservoir of memories and experiences to produce psychological relaxation and physical comfort rather than anxiety. They are then taught to picture what concerns them on this imaginary screen, using the center of the screen as a problem or receiving screen where they choose what particular anxiety-related problem they wish to work on. Then they are instructed to move some particular problem on which they wish to do further mental work

onto the left, or sinister, side of the screen, where they picture their problem in greater detail. They then use the right side of the screen as a problem-solving screen, where they try out possible solutions. In this way, they are instructed to focus on particular aspects of the problem, making it possible to conceptualize solutions. Throughout this instruction, patients are interrupted if necessary to help them maintain a physical sense of floating comfort, thereby dissociating the psychological experience of stress from the physical experience of stress.

The Private Refuge

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INDICATIONS

This technique consists of a progressive relaxation procedure followed by downward movement and imagery of a safe place. These suggestions may be used for induction and deepening, and to assist patients where symptoms of anxiety and fearfulness are present. A variant of this technique is also valuable with multiple personality patients. (*Ed.*)

SUGGESTIONS

Relaxation is a mental process. You can begin by closing your eyes, but it helps to have something physical with which to work. Just wiggle your shoulders a little bit. That can give you a comfortable feeling of relaxation. Move that feeling of comfortable relaxation into your upper arms, through your elbows into your forearms, wrists, and hands, so that you have a comfortable, relaxed feeling from your right hand, up your right arm, through your shoulders to your left arm and left hand. Move the feeling of comfortable relaxation from your shoulders into your chest, stomach, hips and upper legs, through your knees, into your lower legs, ankles and feet. Bring the feeling of comfortable relaxation from your shoulders into your neck and let it move into your head, until it fills your entire head with a comfortable, relaxed feeling. Take a deep breath and, as you breathe out, relax very deeply. [You can gently press the patient's shoulder as he/she exhales.]

Just imagine you are on the fifth floor of a very lovely building. This building has the interesting property that permits you to double your relaxation each time you descend to a lower floor. There are three ways of descending for you to choose from. There is a lovely elevator with very comfortable chairs to support you comfortably. There is an escalator, which has a comfortable chair for you to sit on as it goes down from floor to floor. There is a wide, carpeted stairway, that is brightly lit with lovely pictures on the walls. Through the windows you can see a lovely day outside.

As we descend, enjoy the increase in feelings of comfort and relaxation, which you can double with each successive floor. Now, we reach the fourth floor and continue down, reaching the third floor, and continue down as the relaxation intensifies, reaching the second floor, with relaxation deepening even more, and continue to the first floor.

You leave the building and enter an absolutely wonderful place, which is wherever you want it to be, and which you can change whenever you wish. In it are the things, and only the things you want, and you can change these also, as you wish. With you are the people, and only the people, you want, and you can change them any time you choose, and you can even be by yourself, if you like.

Enjoy your special place, in a safe and lovely manner. This is your refuge, and now that you know where it is and how to get there, you can return to it any time you need to or want to.

When you wake up, you can feel refreshed and very good, and when I count to three, you can wake up, feeling terrific, because you are. One . . . two . . . three.

Imagery Scenes Facilitating Relaxation

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THE POOL

Imagine you are standing on a ledge overlooking a quiet pool, lifting a heavy rock high over your head. Watch the rock as you drop it into the water, observing, in slow motion, the splash and way it settles, sinking to the bottom of the pool. As it does so, imagine the water closing in above it, generating rippling circles spreading out all over the pool's surface. Continue to observe these ripples as they wax and wane until, finally, they fade away completely, returning the water to its initial state of mirror-like calm.

THE CLOUD

Feel that a warm cloud is bathing the entire center of your body. As it touches any part of you, it engenders a wonderful feeling of warmth and relaxation. Gradually the cloud spreads out from your center, touching every part of your body in turn, bringing a sense of energy, warmth, release of all tension, and peace. Once you are completely engulfed by the cloud, feel your body becoming increasingly light, so that it seems to float effortlessly, drifting upwards into the blue sky. Cushioned safely within this cloud, you can go to some special place where you feel at peace.

THE GARDEN

Imagine yourself standing on the patio of a lovely old house, enjoying the warm sun and the gentle breeze which fans your cheeks. From this patio, you notice that there is a flight of ten steps leading down into a beautiful sunken garden.

Go down these steps, one at a time, linking your downward movement to an exhalation of your breath, feeling that, with each step, you let go more and more. This sense of ever-growing calm has completely enfolded you by the time you reach the garden. [Pause]

And what a beautiful garden it is. You can see masses of multicolored flowers, an ornamental fountain, superb shrubs, and graceful trees. Perhaps you can smell the flowers, hear the songs of the birds and the sound of the water from the fountain splashing into the pool at its base, and feel the gentle warmth of the sun soaking into your body.

Island of Serenity

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INDICATIONS

This metaphor may be particularly indicated with anxious patients who feel threatened, overwhelmed, or intruded upon by others. It may be helpful in reducing patient defensiveness preparatory to exploration or in facilitating self-exploration and insight. (*Ed.*)

SUGGESTIONS

Now I want you to imagine that you are going to take a trip to an island. I am going to count to ten, and as I do, you will be able to make this journey. I don't know whether you will make it by plane, by boat, or by swimming as Donna Nyad did.

And now you begin the journey—One . . . going into a deeper and more relaxed state with each count.

Two. . . . etc.

Six . . . And now I need to tell you something about this island to which you are going. This island is *your island of serenity. It is very deep within you.*

Seven . . . going deeper and deeper. . . . This island is so *deep within you that it cannot be invaded.*

Eight . . . deeper and deeper yet. . . . It cannot be invaded by anyone, it cannot be invaded by anything.

Nine . . . deeper and more relaxed . . . so that when you are on this island you are safe. *Most of the time we need to guard ourselves, but you are so safe on this island that you may allow any feelings you wish to come out in the open and be recognized and deeply felt.*

Ten . . . now you are on your island of serenity, and in the next few minutes you will be able to spend a whole day on that island.

[Further visualizations and/or ego-strengthening suggestions may now be incorporated into this metaphor as needed.]

Deep, Meditative Trance: The Approach of Ainslie Meares, M.D.

INTRODUCTION AND INDICATIONS

The late Dr. Ainslie Meares was heavily influenced by Eastern meditative traditions. His distinctive approach was one of facilitating deep, meditative hypnotic states. He did this primarily through using nonverbal techniques and a minimum of verbal suggestions that would require conscious analysis. Concerning his use of touch, however, it must be remembered that Meares was a physician. Caution is urged with regard to the extent and nature of the touch utilized to minimize possible misinterpretation, transference or countertransference reactions. Meares believed that facilitating an extended state of profound quietness and stillness was very healing. He particularly utilized this approach with medical patients (e.g., cancer patients). The editor believes it is also a valuable technique that is indicated with anxiety states and premenstrual syndrome.

The following material was compiled and edited from Dr. Meares' contributions in the 1973 ASCH Syllabus and from his article in the *American Journal of Clinical Hypnosis*. If you find this approach interesting, you will probably also want to consult the two contributions on prolonged hypnosis in Chapter 8 (Hypnosis with Medical Disorders). (*Ed.*)

I believe that the giving of specific hypnotic suggestions is poor quality hypnotherapy. This opinion is based on the experience of 1,130 patients treated by hypnosis. Of these, approximately 420 patients were treated primarily by hypnotic suggestion and approximately the same number by hypnoanalytic techniques, including both hypnography and hypnoplasty as well as verbal hypnoanalysis. The remaining 710 patients have been treated simply by deep relaxing hypnosis without any specific suggestions or hypnoanalysis at all. In this method, hypnosis is used to show the patient how to reduce his own anxiety. The rationale of the method is that symptoms are only maintained by anxiety. If the patient can reduce his anxiety, symptoms either disappear spontaneously or can be easily controlled by the patient. Thus the patient who wants to give up smoking or overeating becomes anxious when put to the test. This is shown by his restless, agitated apprehension. If he can be shown by relaxing hypnosis how to control this disquiet of his mind, he becomes master of his own destiny and is in a position to control his symptomatic behavior with little effort.

So, as I see it, the only therapeutic suggestions that we should use are those to help the natural mechanisms of the patient's mind to alleviate his anxiety. For this to be effective, the suggestions cannot be given by means of a logical verbal communication, as this would keep the patient alert and so prevent the essential atavistic regression. So the suggestions must be conveyed by the para-logical use of words, by unverbalized phonation and by touch.

At the beginning of the session, it is necessary to use a few words to allay the patient's immediate anxiety. But these words must be used in a way which does not evoke any critical thought in the patient, as such would keep the patient alert and so prevent the atavistic regression of true hypnosis.

So I say to the patient, "Good Easy Natural Letting yourself go Effortless All effortless and natural All through us Deeply All through our body All through out mind."

These verbal suggestions have very little logical content, but on the other hand they carry a significant para-logical meaning. They are said slowly. There are pauses between the phrases, and the pauses lengthen out into silences. From this there is an easy transition to suggestion by unverbalized phonation. "Ah Umm Umm." This continues into the sound that comes when I breathe out slowly in relaxed fashion. I do this, timing it with the natural rhythm of the patient's breathing.

The absence of any direct logical communication is very important. Any logical communication that I might make alerts the patient's critical faculties to evaluate what I have said, and so defeats the purpose of the procedure, which is to lead the patient to stillness of mind. Even such simple, but logical, ideas as, "Your arms are relaxed," have this effect, as the patient immediately thinks about the relaxation of his arms. Communication must be made in such a way that it does not provoke any intellectual activity in the patient. This is achieved by nonverbal phonation and by touch, and sometimes by single words or simple phrases which are merely reassuring and do not evoke critical mental activity in the patient. Thus the word, "Good," spoken slowly in a long exhalation, has this effect. Again, the phrase, "That's right," has a similar effect if spoken in a slow exhalation. Again, unverbalized phonation, a long natural, "Ummm," has meaning to the patient in the way of reassurance, and the knowledge that I am close by. The "Ummm" does not evoke any intellectual response. However, the main and most significant means of communication is by touch as something very natural, reassuring and helpful. The touch must never be tentative, or it will make the patient anxious.

The mind is simply allowed to be still. If we want our mind to be still, it is obvious that we cannot keep repeating a mantra. It is equally obvious that we cannot be aware of our breathing. If we are aware of our breathing, of course our mind is not still. It is important that this stillness of mind should develop in the absence of drowsiness and in the absence of physical comfort. At first, when the patient is learning this type of meditation, the stillness will not be complete. There will come moments of stillness followed by periods of mental activity, and then stillness again, which is experienced as a kind of ebb and flow in the naturalness of it all. Any attempt on the part of the patient to try to induce the stillness destroys the whole process. Many patients find that capturing the effortless quality is the most difficult part of the whole procedure. While all this is going on, other suggestions of relaxation are communicated by touch. I let my hands rest on the patient's shoulders, on his forehead, or on his abdomen where my hand moves easily but firmly with the patient's respiratory rhythm.

These nonspecific suggestions reduce the level of the patient's anxiety and no specific suggestions are given at all. By this means the patient learns to reduce his anxiety himself, and retains full personal responsibility for his better way of life.

If it is practicable, the cancer patient attends for a session of meditation each weekday morning for a month and then less frequently. Besides these sessions with me, the patient is required to practice daily at home. Meditation in a position of comfort produces a kind of drowsy numbness which is quite different from the crystal clear stillness of intensive meditation. So the patients are encouraged to practice their meditation in a posture of slight discomfort. Then, as the meditation comes, the slight discomfort is transcended and the patient is no longer aware that he is in a potentially uncomfortable or even painful posture. At the start I lead the patients into meditation while they are sitting in a comfortable chair. When they have learned the feel of it, they practice at home sitting on an upright chair or stool. This is enough to provide some very slight discomfort. They start to meditate. Then as the meditation comes they are no longer aware of the slight discomfort. Then they proceed to lying on the floor, kneeling, squatting on their buttocks or squatting cross-legged sitting on a cushion or

book and then to squatting without any aid. The only purpose of the posture is to provide a degree of discomfort which is commensurate with the meditator's ability to transcend it.

The length of time spend in meditation depends on the patient's ability to do it. At the start, 10 minutes three times a day may be all the patient can manage. On the other hand, some patients who have been successful in bringing about a regression of their cancer have gotten into the way of meditating for two or three hours a day or more. . . . Those patients who come to like meditating do best.

Methods of Relaxed Breathing

Beata Jencks, Ph.D.
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INTRODUCTION

Dr. Jencks has created a variety of innovative respiration techniques that may be beneficial in facilitating greater relaxation. She believes that utilizing imagination, along with suggestions in the form of single words or phrases, is particularly powerful when linked with the appropriate phases of the breathing cycle (see the Table below for details). The techniques may be used in the office setting, or recommended for use in self-hypnosis. These are also methods that may serve to focus attention and may be used for deepening techniques. (*Ed.*)

INSTRUCTIONS

While you are trying out or practicing many of the following exercises, keep in mind the effects listed in the Table. The instructions for the exercises should be modified by experimentation according to personal needs. For such experimentation the following instructions are helpful: (1) Do or imagine something only two or three times during consecutive breathing rhythms; (2) use minimal real stimulation, but maximal involvement of the imagination; (3) observe a pause-for-feeling, or "creative pause," to allow time for the imagination to work and the body to react.

Experimentation should not be continued when the desired results are not obtained after a few trials. In this case other images should be substituted. However it should be kept in mind that different exercises and images may be effective at different times or under different circumstances.

TABLE

Physical, Physiological, and Psychological Feelings, Actions, and Images Related to the Breathing Rhythm

Exhalation	Inhalation	Holding the Breath
Physical and Physiological		
Relaxation	Increase of tension	Maintenance or increase of tension
Heaviness	Lightness	Unstable equilibrium
Calmness	Stimulation	Restlessness
Warmth	Coolness	Variability
Darkness	Brightness	Variability
Softness	Hardness	Rigidity
Moisture	Dryness	
Weakness, weariness	Strength, invigoration, refreshment	Momentary conservation of strength
Psychological		
Patience, endurance	Speed, being startled	Anxiety, oppression
Contemplation	Ready attention	Strained attention

(continued)

TABLE *(continued)*

Exhalation	Inhalation	Holding the Breath
Equanimity	Courage	Cowardice
Deep thought, concentration	Open-mindedness, creativity	Closed-mindedness
Introversion	Extroversion	
Boredom	Excitement	Keen interest
Satisfaction	Curiosity	Uncertainty
Depression	Cheerfulness	Nervous tension
Comfort	Exhilaration	Uneasiness
Generosity	Greed	Stinginess
Actions		
Relax, release, let go, loosen	Tense, bind, tighten grasp	Hold on
Release pressure, stream, or flow out	Increase pressure, stream, or flow in	Maintain or increase pressure
Liquify	Solidify	Maintain consistency
Expand, widen, open	Contract, narrow, close	Dimension unchanged or congestion
Sink, descend, fall asleep	Ascend, levitate, rise, wake up	Maintain level
Lengthen	Shorten	Maintain length
Move or swing forward, strike, kick, punch, reach out	Move, draw, pull, or swing backward, haul in	Stop, stand, or hold still
Send, give, help, offer	Receive, take, demand	Keep, interrupt
Laugh, sigh, giggle	Sob, gasp	Smile, frown

LONG BREATH

Imagine inhaling through the fingertips, up the arms into the shoulders, and then exhaling down the trunk into the abdomen and legs, and leisurely out at the toes. Repeat, and feel how this slow, deep breathing affects the whole body, the abdomen, the flanks, and the chest. Do not move the shoulders while doing the long breath.

STONE INTO WELL

Imagine a deep well in your abdomen. Then imagine that you are dropping a stone into this well during a relaxed exhalation. Follow its fall. How long did the fall last? How deep did it fall? Where did it come to rest? Repeat.

BELLOWS

Breathe as if the flanks were bellows which are drawing in and pushing out. Inhale while the bellows are drawing in the air, exhale while the bellows contract and expel the air. Imagine that the air streams through the flanks freely.

HOLE IN THE SMALL OF BACK

Sit or lie comfortably and breathe normally and relaxedly. Disregard the chest and throat completely for a moment and imagine a hole in the small of the back, through which the breathed air flows in and out comfortably. Breathe deeply and relaxedly through the hole for three or four breathing cycles. Then just close the eyes for a moment, let the mind drift, and enjoy the feeling of deep relaxation.

SWING

Lie on your back and imagine a swing swinging with your respiration. Push the swing during one exhalation. Let it swing in its own rhythm. Do not push the swing all the time.

Permit it to swing by itself. Feel tensions swinging out during exhalation. Feel energy streaming in during inhalation.

PENDULUM

Inhale and halt the breath momentarily. Exhale and imagine that this sets a pendulum in motion. Permit the breathing to find its own rhythm. Allow it to swing or flow as it wants to do.

WAVES OR TIDES

Lie on your back and imagine ocean waves or tides flowing with your respiration. Allow them to flow out passively. Allow them to return passively. Do not push. They flow by themselves. Feel the passive flowing in and out of the waves or tides. Observe where you feel movement. Feel to where the waves are flowing. Feel from where the waves return. Do not prolong this exercise beyond two or three respiratory cycles. Then feel what happened in the body during the next two to three cycles. Get up from the lying position first to a sitting and then to a standing position during consecutive exhalations. This preserves the relaxation and prevents dizziness after deep relaxation.

Stand relaxedly, arms hanging easily at the sides, inhale and feel what is set in motion by the rising wave of inhaling. Then allow the wave of the breath to decline and fade, as if into a great distance. Repeat, and allow the arms to move easily with the breathing waves.

IMAGINED DRUG

Imagine that you are inhaling a bronchodilator agent, which relaxes and widens the walls of the air passages in bronchi and lungs. Allow them to become soft like rags and relaxed, collapsing during the exhalations, and allow them to become widely expanded during the inhalations, while the air streams in easily.

BREATHING THROUGH THE SKIN

Concentrate on the forehead or any other body surface area and imagine inhaling and exhaling through the skin there. Exhale and feel something going out. Inhale and feel something coming in. Exhale through the skin and permit it to relax. Inhale through the skin and feel it refreshed and invigorated.

RELAXING THE DIAPHRAGM

The release of tensions will result spontaneously and unconsciously in slower, deeper exhalations. Such relaxed breathing is similar to that during sleep and during the waking state may be felt as "being breathed" rather than active breathing. The respiration is deepened when the tendons of the neck and shoulders are relaxed, the mouth-throat junction is felt as a wide open space, and exhalations are felt throughout the whole trunk, especially in the flanks and in the small of the back. Also imagining making movements with the joints, as in calisthenics, or using the vocal mechanism by humming, chanting, sighing, or growling will relax the diaphragm.

LOOSENING JOINTS

Work on the joints is especially effective for relaxing the diaphragm, since nerve cells which deepen the breathing rhythm reflexively are located around and in the joints. Allow any yawning, sighing, or changes in the breathing rhythm to occur naturally during joint exercises.

The following exercise is similar to F. M. Alexander's technique, and it is especially effective for the head-neck-shoulder region, which was the location with which he worked.

Sit in an armchair with a high back to rest the head, the arms well supported, the feet squarely on the floor with the knees bent at right angles, or lie on the floor on the back, with the legs drawn up, the feet on the floor. Then think each of the following phrases during an exhalation, disregarding the inhalations, or letting

the air stream passively into the lungs as if a vacuum were filling gently. Use any or all and repeat as needed: Tell the shoulders to let go of the neck. . . . Tell the neck to let go of the head. . . . Tell the head to let go of the jaw. . . . Tell the throat to let go of the tongue. . . . Tell the eye sockets to let go of the eyes. . . . Tell the shoulders to let go of the upper arms. . . . Tell the elbows to let go of the lower arms. . . . Tell the wrists to let go of the hands. . . . Tell the hands to let go of the fingers. . . . Tell the spine and sternum to let go of the ribs. . . . Tell the lower back to let go of the pelvis. . . . Tell the hip joints to let go of the upper legs. . . . Tell the knees to let go of the lower legs. . . . Tell the ankles to let go of the feet. . . . Tell the feet to let go of the toes. . . .

Similar to this are some instructions in A. D. Read's (1944) relaxation method for natural childbirth. The practitioner is instructed to imagine, for instance, that the shoulders "open to the outside," the arms fall "out of the shoulder sockets," the back "sinks through the couch to the floor," the legs, knees, and feet "fall by their own weight to the outside," the head "makes an indentation in the pillow," the face "hangs from the cheekbones," and the jaw "hangs loosely." All of these involve the loosening of joints and are effective, especially if done during relaxing exhalations.

FILLING AND EMPTYING THE BOTTLE

This is a German version, taught to actors and singers, of a yogic exercise to relax and deepen breathing. Remember that, when liquid is poured into a bottle, the bottom fills before the middle and the top. When the liquid is poured out, the bottom will empty before the top. Imagine that the trunk is a bottle. Fill it with inhaled air, first the bottom and then higher and higher. During exhalation imagine the bottle tipped and the breath flowing out, emptying first the lower abdomen, then the upper, and finally the chest. Repeat, but no more than three times consecutively. Then resume normal breathing.

The Autogenic Rag Doll

Beata Jencks, Ph.D.
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INDICATION

This may be used as an induction or deepening technique. It incorporates all the aspects of Schultz's autogenic training, but uses imagery instead of Schultz's intellectual formulas. It has proven valuable with anxiety, with children as well as adults, and in preparation for childbirth training. Individuals will respond best who can use visual and kinesthetic imagery. The procedure may be used on a self-hypnosis tape, and it may be presented in segments: introducing only the limb heaviness procedure first, and adding other components every few days. (*Ed.*)

HEAVINESS OF THE LIMBS. Make yourself comfortable and allow your eyes to close. Then lift one arm a little, and just let it drop. Let it drop heavily, as if it were the arm of a Raggedy Ann [Andy] doll, one of those floppy dolls or animals. Choose one in your imagination. Choose a doll, an old beloved soft teddybear, a velveteen rabbit, a bean bag toy, or even a pillow or a blanket. Choose anything soft which you like. Lift the arm again a little and drop it, and then let is rest for a moment. . . .

Now think of your arm again, but don't lift it in reality, just in the imagination. Lift it in imagination and think that you are dropping it again, and do this while you breathe out. Let the arm go limp like a rag while you breathe out. . . .

And now work with the other arm. Use either your imagination or really lift it at first. It does not matter. But do not lift it too high, just enough to feel its heaviness, and let it drop, but gently and relaxedly. Learn to do it more and more in imagination only. And when you breathe out again, drop it, let it go soft, let it go limp and relaxed. . . .

Next lift both arms together, and allow them to drop, simply relax them, allow them to be limp and soft. . . .

Then lift one leg. Lift it only a little, just enough that you can feel its heaviness, and allow it to drop, limp and relaxed, limp and soft. . . . Do this always when you breathe out. Don't lift the leg too high, so that it does not hit too hard. Or better yet, lift it only in imagination. Do this a few times in your imagination only, and just let it become heavy and relaxed. . . .

Now do the same with the other leg. Lift it a little, and while you breathe out let it relax. Let it go soft like a rag. Let it drop like the leg of a giant rag doll. . . .

Feel free to move your legs or any part of your body to a more comfortable position any time you want to do so.

And now both legs together, lift them in your imagination, and let them relax, limp and soft, like a rag or a bean bag. . . .

And finally all limbs together, both arms and both legs, breathe out and allow them to be limp and relaxed, heavy and comfortable, like a giant rag doll, well supported by the chair, the sofa, or the floor.

WARMTH OF THE LIMBS. Next imagine that you put your rag doll into the sun. Let it be warmed by the sun. The giant rag doll is lying very relaxedly. Feel how the sun is shining on it. Feel it on one arm first, and then on the other. See to it that the head of the rag doll is in the shade and kept cool, but all the limbs are sprawled out in the sun. Feel your arm, warm, soft, and relaxed. . . . And then feel the other arm, warm, soft, and relaxed. . . . And then let one leg be nicely warmed by the sun. . . . And then the other leg, nicely warmed, soft, and relaxed. . . . Remember, you are the giant rag doll, and you are lying in the sun; all your limbs are nice and warm, but your head is lying in the shade and is comfortably cool. . . .

HEARTBEAT. And now that you are such a nicely relaxed rag doll, imagine you have within yourself something that is like a little motor, which makes you go all the time, and that is your heart. It just keeps you going all the time, day and night, whether you keep track of it or not. And just as you walk or run, sometimes a little faster, sometimes slower, and sometimes skip along, just so that little motor in you sometimes goes a little faster, sometimes slower, and sometimes skips. That is quite normal. And now just feel, if you can, the rhythm of your heart. It does not really matter whether you can feel it or only imagine it, but think of your heart and say "thank you" to it. This organ works all the time for you, whether you think of it or not. So now just stay with it for a while, and say "thank you." . . . Thank your heart that it does such a good job for you. . . .

RESPIRATION. Next, for a moment, pay attention to your breathing. The breathing rhythm, just like the heart, sometimes goes fast and sometimes goes slow. Allow it to go as slow or as fast, as shallow or as deep as it wants to. If you have to sigh, that is fine. If you want to inhale deeply, that is fine. Just follow the breathing. . . . And then, for a moment, just imagine that the air which you breathe streams in at the fingers while you breathe in, up your arms, and into your shoulders and chest; and then, while you breathe out, down into your abdomen, down into your legs, and out at your toes. And repeat this for two or three breaths. . . . Then imagine that you are floating, floating on an air mattress on the ocean, a big river, or a swimming pool. Let slow and gentle waves carry you up and down in the rhythm of your breathing.

INTERNAL WARMTH. Now breathe into the palm of your hand and feel the warmth of your breath. Such warmth is within you all the time. Repeat it, and then put the hand down again and imagine. Imagine that you breathe this same kind of warmth into your own inside. . . . While you breathe out, imagine that you breathe that warmth down into your throat, down into your chest, down into your abdomen. . . . Just become nicely warm inside. . . . Or you may imagine that you are drinking something which really warms you nicely inside, or even that something like a warmly glowing ball is rolling around within you.

Allow it to warm your inside, so that it becomes all soft and relaxed.

COOLNESS OF THE FOREHEAD. Bring one hand to the mouth and lick two fingers. Then stroke the moist fingers over your forehead. Just stroke your forehead and feel the coolness of the moisture. If you want to moisten the forehead again, feel free to do so. . . . And then, while you breathe in, feel the refreshing coolness of your forehead, and imagine again that giant rag doll or rag animal, lying with its head in the cool shade. . . .

Now just lie there and relax completely for a while, and think of the rag doll with its body warmed comfortably, relaxed in the sun. Feel again the gentle cradling of the waves of the breathing rhythm. And while breathing in feel the cool shade, the coolness on your forehead, and while breathing out feel your comfortably relaxed body.

ENDING THE ALTERED STATE OF CONSCIOUSNESS. In time, become more and more aware of being refreshed during the inhalations. And when you decide it is time to end the state in which you are now, yawn and breathe in deeply and refreshingly while you stretch and flex arms and legs. And then open your eyes, look around and breathe in once more.

Hypnotic Suggestion/Metaphor to Begin Reframing

Steven Gurgevich, Ph.D.
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INTRODUCTION

The following is spoken to the patient who is already in trance as a prelude to focusing on specific events that will be the focus of reframing or unbinding of affect. It is important to have already established ideomotor signaling and observation of physiological responses to trance-deepening so that the communicative rapport between therapist and subject remains clear and intact.

SUGGESTIONS

There were times in the past when you felt worried and frightened. Can you remember the feeling of being worried, the feeling of being frightened by your own thoughts? [Pause] Now, let yourself remember what followed that feeling. Can you remember the feeling of relief you experienced each time you began to think that everything is going to be fine—a feeling, a thought that everything is working out well, a feeling that everything is going to be fine. Such a wonderful feeling of relief and release from worry.

Each point in time is like a lens through which you see your world. The first day in school was different than the semester's end. The first time behind the wheel of an automobile felt different from the relaxing drive today. Some of your greatest pleasures today may have been first experienced with apprehension or tension. Now you may choose how you would like to feel about any past or present condition. As you relax more deeply, your unconscious mind selects the proper lens and the most comfortable frame. Sometimes you can tell your imagination what you are ready to begin enjoying. I don't know if your thoughts will change after your feelings, or if your feelings will follow more relaxing thoughts. But I know you are ready to enjoy a pleasant change, a wonderful feeling of release.

COMMENT

At this point, you would begin focusing upon specific events or conditions to reframe with the patient in trance. Also, at this point, suggestions can be offered for uncovering what events or circumstances need to be reframed in order to remove symptoms.

Rational-Emotive Suggestions About Anxiety

Albert Ellis, Ph.D.
New York, New York

INDICATIONS AND CONTRAINDICATIONS

These suggestions were excerpted from a published case with an anxious female patient. The case illustrates how any ideas that may be conveyed in a conscious state may also be reinforced in a hypnotic state. These suggestions may be of particular value with anxious and overemotional patients, who catastrophize and are very demanding of themselves and others. They will also be reinforcing when a cognitive therapy approach is being used for part of treatment. Some aspects of the suggestions may be offensive to religious patients, but could be modified for use with such individuals. The suggestions are also somewhat authoritarian at times. Some patients will like the forcefulness; but when working with someone who is very reactive to authority, you may want to phrase the suggestions more permissively. The suggestions were tape recorded for use in self-hypnosis, and were given following a progressive relaxation induction. (*Ed.*)

SUGGESTIONS

Your eyes are getting heavier and heavier and you want to let yourself sink, you're trying to let yourself sink, into a deeper, deeper, relaxed state. You want to let your whole body, especially your eyes, go *deeper* and *deeper* and *deeper into a totally free, warm, nice, flexible, relaxed state. And now you're letting yourself go deeper, deeper, deeper.* You want to fully relax and get your body out of your way and go *deep, deep, down deeper, down deeper*, into a fully, fully, fully free and easy relaxed state. You're only listening to the sound of my voice, that's all you're focusing on, and that's all you want to hear—the sound of my voice. And you're going to do what I tell you to do, because you *want* to, you *want* to do it. You *want* to stay in this relaxed state and be fully aware of my voice and do what I tell you to do because you *want* to do it, you *want* to be relaxed. You *want* to rid yourself of your anxiety and you know that this will help you relax and listen, relax and listen, go into a fully free and relaxed state.

You're only focusing on my voice and you're going to listen carefully to what I'm telling you. You're going to listen carefully to what I'm telling you. You're going to remember everything I tell you. And after you awake from this relaxed, hypnotic state, you're going to feel very good. Because you're going to remember everything and use what you hear—use it for *you*. Use it to put away all your anxiety *about* your anxiety. You're going to remember what I tell you and use it everyday. Whenever you feel anxious about anything, you're going to remember what I'm telling you now, in this relaxed state, and you're going to fully focus on it, concentrate on it very well, and do exactly what we're talking about, relax and get rid of your anxiety, relax and get rid of your anxiety.

Whenever you get anxious about anything, you're going to realize that the reason you're anxious is because you are saying to yourself, telling yourself, "I *must* succeed! I *must* succeed! I *must* do this, or I *must* not do that!" You will clearly see and fully accept that your anxiety comes from your self-statement. It doesn't come from without. It doesn't come from other people. *You* make yourself anxious, by demanding that something *must* go well or *must* not exist. It's *your* demand that makes you anxious. It's always you and your self-talk; and therefore *you* control it and *you* can change it.

You're going to realize, "*I* make myself anxious. I don't *have* to keep making myself anxious, if I give up my demands, my musts, my shoulds, my oughts. If I can really accept what is, accept things the way they are, then I won't be anxious. I can always make myself unanxious and tense by giving up my musts, by

relaxing—by wanting and wishing for things, but not *needing*, not *insisting*, not *demanding*, not *must*urbating about them."

You're going to keep telling yourself, "I can *ask* for things, I can *wish*. But I do not *need* what I want, I never *need* what I want! There is nothing I *must* have; and there is nothing I *must* avoid, including my anxiety. I'd *like* to get rid of this anxiety. I *can* get rid of it. I'm *going* to get rid of it. But if I tell myself, "I *must* not be anxious! I *must* not be anxious! I *must* be unanxious!" then I'll be anxious.

Nothing will kill me. Anxiety won't kill me. Lack of sex won't kill me. There are lots of unpleasant things in the world that I don't like, but I can *stand* them, I don't *have* to get rid of them. If I'm anxious, I'm anxious—too damn bad! Because *I* control my emotional destiny—as long as I don't feel that I *have* to do anything, that I have to succeed at anything. That's what destroys me—the idea that I *have* to be sexy or I *have* to succeed at sex. Or that I *have* to get rid of my anxiety." In your regular life, after listening to this tape regularly, you're going to think and to keep thinking these things. Whenever you're anxious, you'll look at what you're doing to *make* yourself anxious, and you'll give up your demands and your musts. You'll dispute your ideas that "I *must* do well! I *must* get people to like me! They *must* not criticize me! It's terrible, when they criticize me !" You'll keep asking yourself, "Why *must* I do well? Why do I *have* to be a great sex partner? It would be *nice* if people liked me, but they don't *have* to. I do not *need* their approval. If they criticize me, if they blame me, or they think I'm too sexy, too damn bad! I do not *need* their approval. I'd *like* it, but I don't *need* it. I'd also *like* to be unanxious but there's no reason why I *must* be. Yes, there's no reason why I *must* be. It's just *preferable*. None of these things I fail at are going to kill me.

"And when I die, as I eventually will, so I die! Death is not horrible. It's a state of *no* feeling. It's exactly the same state as I was in before I was born, I won't feel *anything*. So I certainly need not be afraid of that!

"And even if I get very anxious and go crazy, that isn't too terrible. If I tell myself,'I *must* not go crazy! I *must* not go crazy!' then I'll make myself crazy! But even if I'm crazy, so I'm crazy! I *can* live with it even if I'm in a mental hospital. I can *live* and not depress myself about it. *Nothing* is terrible even when people don't like me, even when I'm acting stupidly, even when I'm very anxious! *Nothing* is terrible! I *can* stand it! It's only a pain in the ass!"

Now this is what you're going to think in your everyday life. Whenever you get anxious about anything, you're going to see what you're anxious about, you're going to realize that you are demanding something, saying "It *must* be so! I *must* get well! I *must* not do the wrong thing! I *must* not be anxious!" And you're going to stop and say, "You know—I don't need that nonsense. If these things happen, they happen. It's not the end of the world! I'd *like* to be unanxious, I'd *like* to get along with people, I'd *like* to have good sex, but if I don't I *don't*! Tough! It is not the end of everything. I can always be a happy human *in spite of* failures and hassles. If I don't *demand*, if I don't insist, if I don't say, 'I must, I must!' Musts are crazy. My *desires* are all right. But, again, I don't *need* what I *want*." Now this is what you're going to keep working at in your everyday life.

You're going to keep using your head, your thinking ability, to focus, to concentrate on ridding yourself of your anxiety just as you're listening and concentrating right now. Your concentration will get better and better. You're going to be more and more in control of your thoughts and your feelings. You will keep realizing that *you* create your anxiety, *you* make yourself upset, and *you* don't have to, you never have to keep doing so. You can always give up your anxiety. You can always change. You can always relax, and relax, and relax, and not take *anyone*, not take *anything* too seriously.

This is what you're going to remember and work at when you get out of this relaxed state. This idea is what you're going to take with you all day, everyday: "*I* control me. I don't *have* to upset myself about anything. If I do upset

myself, too bad. I may feel upset for a while but it won't ruin my life or kill me. And I can be anxious without putting myself down, without saying 'I must not be anxious!' At times I will make myself anxious, but I can give up my anxiety if I don't *demand* that I be unanxious."

And you're going to get better and better about thinking in this rational way. You'll become more in control of you. Never *totally* in control, because nobody ever is totally unanxious. But you'll make yourself much less anxious and able to live with it when you are anxious. And if you live with it, it will go away. If you live with it, it will go away. Nothing is terrible, not even anxiety. That's what you're going to realize and to keep thinking about until you really. really believe it.

Now you feel nice and free and warm and fully relaxed. In a few minutes I'm going to tell you to come out of this relaxed, hypnotic state. You will then have a good day. You will feel fine when you come out of this state. You will experience no ill effects of the hypnosis. You will remember everything I just said to you and will keep working at using it. And you will play this tape every day for the next 30 days. You will listen to it every day until you really believe it and follow it. Eventually you will be able to follow its directions and to think your way out of anxiety and out of anxiety *about* being anxious without your tape.

You will then be able to release yourself from anxiety by yourself. You can always relax and use the antianxiety technique you will learn by listening to the tape. You can always accept yourself *with* your anxiety and can stop telling yourself, "I must not be anxious! I must not be anxious!" Just tell yourself, "I don't *like* anxiety, I'll work to give it up. I'll conquer it. I'll control myself, control my own emotional destiny. I can always relax, make myself feel easy and free and nice, just as I feel now, get away from cares for a while and then feel unanxious. But I can more elegantly accept myself first with my anxiety, stop fighting it desperately, and stop telling myself it's awful to be anxious. Then I can go back to the original anxiety and get rid of it by refusing to awfulize about failing and vigorously disputing my irrational beliefs, 'I must do well! I must not be disapproved.'"

Stress Reduction Trance: A Naturalistic Ericksonian Approach

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INTRODUCTION

The following induction procedure utilizes the following process:

1. Focusing attention inward—inner approach.
2. Evoking pre-existing associations and mental processes.
3. Utilizing natural absorption and natural processes.
4. Utilizing natural resources.
5. Subconscious learning process (educational experience).
6. Use of dissociation, anticipation, confusion, exploration, double binds, universal experiences—the separation of the conscious and unconscious minds, metaphors.

SUGGESTIONS

I would like for you to take a few minutes to get yourself comfortable. Possibly you may want to take off your shoes, and you can do that too. And . . . I really DON'T KNOW . . . just what your eyes want to do at this moment. You MIGHT want to find a spot on the wall to look at, comfortably—not staring at anything—but just allowing it to occupy the center of your visual field . . . and WONDERING what is going to happen next. . . . You MIGHT feel more comfortable just . . . closing . . . your eyes in a peaceful sort of way—and either way you do it, I would just like for you . . . to let yourself . . . zero in on the idea of just . . .

being comfortable—and there have been many TIMES—many PLACES—many SITUATIONS where you have felt so COMFORTABLE that nothing else mattered except that comfort—and you might think of them now—and let your SUBCONSCIOUS mind . . . present to you . . . ONE SUCH SITUATION . . . where you really experienced the sense of physical and mental comfort.

And you CAN . . . recall . . . and RE-EXPERIENCE all the sensations—the sights—the sounds—the feelings . . . which go with being extremely comfortable—and you CAN RECALL where you FIRST EXPERIENCED . . . feeling profound relaxation . . . covering your body—the feeling of every muscle in that part of your body just loosening up—and just letting go—and lying flat like a limp rubber band—very deeply relaxed—and very LIKELY that part of your body that needed the relaxation most will re-experience it first—and the feeling of every nerve in that part of your body becoming . . . very quiet—peaceful—not doing any more than is absolutely necessary—and you can WONDER . . . what direction that relaxation is going to move through your body—whether you experience it all at once . . . like a flow of comfort peacefully moving through you. And soon you get the feeling that . . . you don't even have to be aware of it anymore. You can simply allow . . . yourself to become part of that relaxation . . . as it . . . becomes part of you.

And it will be very interesting for you to DISCOVER for yourself that you . . . don't even need to listen to me . . . because what your CONSCIOUS mind does now is not at all important. . . . Maybe . . . your CONSCIOUS mind just wants . . . to curl up in a corner and go to sleep for a while—or go as far away as it likes—the way you did as a kid in SCHOOL when you sat in the CLASSROOM and looked out the window . . . and allowed your mind to drift as far away from the CLASSROOM as it could get—some place you'd rather be—and you lost track of what was being said—and it didn't matter because your SUBCONSCIOUS mind was picking up everything which was being said . . . as it is doing now—and your SUBCONSCIOUS mind is HERE WITH ME—AND IT CAN HEAR ME—and RESPOND in ITS OWN TIME—IN ITS OWN . . . COMFORTABLE WAY.

You CAN ENJOY whatever it is you are experiencing and—right now . . . you can enjoy whatever sensations—heaviness or lightness—warmth or coolness—and let them become part of your relaxation and comfort. You can . . . go as deeply as YOU need to—at this time—for WHATEVER it is your SUBCONSCIOUS mind wants to do to help you . . . ENJOY this experience. And you MIGHT ENJOY that experience of going so deeply into trance that it seems to you that you are just . . . ALL MIND without a body—a mind floating in space and time—completely free—able to move whenever and wherever it wants to go—THAT'S RIGHT.

And I WONDER what your subconscious mind wants to EXPLORE right now—what doors it wants to open—perhaps taking a look through the FILE CABINETS in the corner of that marvelous DATA PROCESSING SYSTEM that is your mind. Searching through the files and examining things that . . . stay the way they are—things that need to be updated—what needs to be erased—what items can be eliminated—and it is very comforting for YOU TO DISCOVER for yourself . . . that . . . you CAN really . . . let go . . . of what you don't need—and your SUBCONSCIOUS mind can do this in ITS OWN TIME . . . and . . . IN ITS OWN WAY—and you can continue to rest even more comfortably . . . just knowing . . . you CAN rely on your SUBCONSCIOUS mind to do the things that need to be done.

You CAN BEGIN TO EXPLORE . . . your CAPABILITIES . . . that you never had suspected you had—which have been there all the time—and find out for yourself a . . . very . . . deep . . . sense of just who and what you are—and what you are . . . capable of . . . doing all those things—perhaps you just weren't aware of them before—but your SUBCONSCIOUS MIND CAN MAKE THEM AVAILABLE TO

YOU . . . at the time that you need them. THAT'S RIGHT—and you can continue drifting along . . . very comfortably wherever you are in TIME AND SPACE—just enjoying the restfulness of not having to do anything in particular right now.

And I WONDER if you might begin to notice some change in the atmosphere around you—perhaps becoming more luminous—more transparent—spinning all around you in all directions . . . as far as you can see—and that atmosphere around you seems to be radiating a calmness you can experience with every one . . . of your senses—a calmness . . . moving all around you . . . and all over you . . . softly . . . moving itself into every fiber of your being . . . until you get the feeling that's all there is—nothing . . . else exists . . . for you . . . except that calmness—deep sense of peace—WEIGHTLESS SUSPENSION and you feel all the pressures dissipate—nothing to think about . . . and absolutely nothing to do except let yourself be—and on an even deeper level, experience a sense of your own being—who you are—what you are capable of—becoming more AWARE of your own INNER RESOURCES—and now you can ANTICIPATE the JOY of DISCOVERING those RESOURCES and WHAT YOU CAN DO—to make use of them to help yourself . . . and other people as well. . . .

And now, for the next few minutes—you CAN ALLOW yourself to relax—even more deeply—as your SUBCONSCIOUS MIND CONTINUES the important work it has started for you—working to reach an even deeper understanding—and whenever your subconscious . . . mind is finished . . . with what it needs to do at this time—it will find its own way of letting you know—and in your own time—at your own pace—and only when your subconscious mind is ready for you to do so—you can begin to drift back quietly—easily—from wherever it is you have been—reorienting yourself to . . . this time—this place—and become aware of feeling . . . very refreshed—alert—comfortable—and with a very deep sense . . . of having ACCOMPLISHED . . . something of tremendous importance—just for you—and you won't do it . . . until your subconscious mind is ready for you . . . to do so.

The Closed Drawer Metaphor

Brian M. Alman, Ph.D.
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Don is a salesman for a large printing company. His tensions and stress arise from a number of sources through the day. "I'd really like to go into a trance about eight or ten times on some days," Don reported. "Most of the problems hit me when I'm in the office. Now I have this drawer on the lower left of my desk for those problems."

What Don has done is given himself cues while in self-hypnosis that, whenever a problem comes up that stresses him, he will put his stress in that drawer. "I write down the name of the person or account or the supplier or sometimes just a word that describes the problem. Then I take two deep breaths, open the drawer, and put away both the slip of paper and the feelings of tension. Sometimes I also put away the throb I feel in my head that means a headache is on its way," Don said. "When I close the drawer I leave it all in there."

Once a week he throws out the old slips of paper and makes room for new calm and relaxed reactions. He also has a folder in his briefcase for situations that occur when he is in the field.

You may want to adapt this technique for yourself. Choose a drawer in your dresser at home or in your desk at work. Make it a place to deposit your tensions and stress, and when you close the drawer, you leave your unnecessary stress there. Use your imagery and visualization to reinforce the feeling of distance between you and the stress. [The patient may also imagine putting stresses in a drawer in self-hypnosis. (*Ed.*)]

He Who Hesitates is Lost: A Metaphor for Decision Making

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INTRODUCTION AND INDICATIONS

An indirect strategy for facilitating decision-making and escape from ambivalence involves the use of metaphors that illustrate the truism, "He Who Hesitates Is Lost." The metaphor is used as a vehicle to encourage making an internal decision to act before external circumstances interfere. The following is an example of such a metaphor.

METAPHOR

A friend of mine recently went through an experience that really was most instructive . . . on a number of levels. . . . He had wanted to get a new job . . . one that paid more and afforded him great prestige . . . He applied for a job . . . one that involved moving to another city. . . . He wanted it very badly . . . but was uncertain about moving to make things happen . . . and he asked for a week to think the offer over . . . and they politely agreed he could take a week to decide . . . and a week of going back and forth in his feelings went by . . . and when they called him a week later . . . he asked if he could have three more days in order to decide . . . and when they called him three days later, he asked if he could have another day to decide . . . and they politely agreed he could have another day to decide . . . and when they called him the next morning and asked for his answer, he asked if he could tell them later that day . . . and they impolitely told him they gave the job to someone else apparently more enthusiastic about the opportunity . . . and he was quite upset because he wanted that job, but he made himself afraid . . . thinking of too many things to do at once . . . instead of knowing he could move and work and live one day at a time . . . and there comes a time to take action . . . before the chance slips away . . .

COMMENTARY. Any strategy that turns the depressing paralysis of ambivalence in a positive direction will also facilitate the recognition of one's abilities to make decisions in one's own behalf. In the above metaphor, the man loses an opportunity because of paralysis, not incompetence. The message is one that also addresses a global thought pattern, i.e., overwhelming oneself with all of what is involved. The client may thus learn that instead of focusing on the frightening aspects of what there is to lose by moving on, he or she can look at what will be lost by staying put.

De-Fusing Panic

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INTRODUCTION

Many hypnotherapists are reluctant to interact with patients in trance. With techniques like this one, however, an interactive trance allows the therapist to obtain information about each part of the symptom complex. Thus the feedback obtained from interaction will permit greater individualization to the patient. (*Ed.*)

SUGGESTIONS

I am going to describe for you a way in which you can have some tools immediately available to you for relieving an anxiety attack. ['Immediately available' sounds good to any panic sufferer!]

You know how miserable it is to all of a sudden feel that coming on, so to have some sort of bandaid, as it were, that you could immediately use to relieve that feeling—that is

very, very comforting. I'm going to describe such a situation.

In order to learn how to do that, I suggest that here, now, while you are very safe here in my office in hypnosis, you allow yourself to feel what one of those attacks feels like; *but* you can limit the feeling to just however much is okay for you to feel at this time. [Arranging the safe framework.]

Hypnosis is wonderful, you know, because you can make those restrictions. You're safe here in my office; just let yourself feel what one of those panic attacks feels like, knowing that you can limit those feelings to just whatever is okay, whatever feels manageable. That's right.

But whatever feels okay, let yourself feel that amount to the fullest, and take particular note of what happens first. Maybe the first thing you feel is a little fluttering in your chest, or your tummy; perhaps you notice your breathing is changing or your heartbeat is changing. Some people feel a little tension in the head, or your tummy is growling; maybe your hands become moist. [All people with panic attacks have some, if not most, of these symptoms; this reassures the subject that you do know how he or she feels.]

Just let yourself feel your own personal complex of feelings for those situations, remembering that you can limit it to just whatever feels okay for you to feel here, knowing that you are safe. But whatever is okay, let yourself feel that much to the *fullest*.

Then when you reach the fullest of that amount, whatever it is, hold that—just hold it——ahh, good for you. Now, bit by bit and one at a time, reverse EACH SYMPTOM. Start with your breathing. Breathing is something that we can deliberately change and regulate, so it is perhaps the best place to start. [Watch your subject carefully—*your* timing is important.] Let your breathing ease back, just concentrate on your breathing—that's the idea, you know how to do it, that's right.

As your breathing comes back into the comfortable zone again, you'll notice that your heartbeat is already beginning to do that too, because breathing and heartbeat go together. When your breathing is comfortable again, wait a little longer; and when your heart rate feels comfortable again, then choose the next one—maybe that fidgety feeling in your hands, or maybe releasing the knot in your tummy—that's the idea; in the back of the neck there now—that's right, releasing each one by itself in turn until everything is back to normal again. See? You know exactly where to put your hands. That's it. When everything is easy again, take a deep breath and settle back down comfortably in the chair. [This patient moved her hands to her neck for comfort. Always utilize whatever the patient does, in a positive way.]

Just think of what you have learned in these last few minutes. You've learned at least two very important things: one is that you know exactly what to do with your hands, exactly where to put them, and exactly where that place is in your neck; you know exactly what to do, where to focus your attention. [Ego-strengthening.] The second thing you have learned is that *you can do it*! You have reversed each part of the symptom complex. Isn't that wonderful! I knew you could, and you've just proven it. [Positive reinforcement—the subject is doing it right.]

Now just to reinforce that, go through it again, again restricting the feeling to only what is okay to feel this morning right here in my office in hypnosis. You may feel comfortable about feeling a little more this time, because you know you can do it, but whatever is okay with you, limit it to that, that's right, and whatever is okay, let yourself feel that to the fullest, yes, that's right, that's right, that's it—hold it there. . . . [Once done, the subject will be more comfortable (and trusting) about doing it again.]

Then, when you are feeling it to the fullest once again, one by one, reverse each part in turn, usually starting with the breathing because it is something that we can have such definite control over; breathing comes first, then you yourself know how to proceed—the back of your neck, right in the pit of your stomach, that's right. One by one, it is impor-

tant to do it one by one. [She again used her hands—on her neck, then her abdomen.]

That's it. Then, when everything is back to normal again, you can settle comfortably back in the chair, taking a deep breath. That's right. Just take care of that last feeling in the pit of your stomach. It's interesting, isn't it?—the way the feelings have a sort of a pattern. That's right, that's better—that shimmering feeling just letting you know that your muscles are relieving their tensions. That's good. [The patient gave a little movement.]

And then, when you are ready, breathe a very deep breath. What a relief! And just settle right back down. That's right. [Taking a deep breath and letting it out always relieves muscle tension.]

Congratulations! You see, you've done it twice and you've done it extremely well. And now you know that you have something you can do immediately, if ever you get stuck.

Next time, of course, we are going to be talking about *preventing* it happening at all, but it is so comforting to know that you have something that you can do immediately—just like having that bandaid handy. [Positive reinforcement. Bandaid in place!] Something you can do right away, wherever you may be; one by one, reverse each part of that symptom complex, usually starting with the breathing because it is something that we can deliberately control. [Reassurance of further work.] And then, within a very short time (as you can tell), the symptoms ease away and you are back in perfect control again—in fact, YOU ARE IN CONTROL THE WHOLE TIME THAT YOU ARE REVERSING THAT SYMPTOM COMPLEX! Isn't that wonderful! Yes, you can regain control that quickly. That's marvelous. [Handing the control back to the subject.]

Next time we'll talk about preventing it from happening. In the meantime, you know now that there is always something that you can do, right away. That's good.

HYPNOSIS WITH PHOBIAS

Paradigm for Flying Phobia

David Spiegel, M.D., and
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Stanford, California, and New York, New York

Patients are taught to concentrate on three points: (1) to think of the plane as an extension of their body, very much like a bicycle or a car; (2) to float with the plane, so that they have a physical sensation of comfort associated with the experience of flying; (3) to concentrate on the difference between a probability and a possibility.

Thus anxieties about the flight can be processed from the point of view of putting them into the proper perspective rather than experiencing every adverse possibility as a probability. Patients are instructed to choose when to do this exercise but to use it in preparation for the flight, and during the flight either at specified times at some regular repeated interval or throughout the trip.

A Reframing Approach for Flight Phobia

Peter A. Bakal, M.D.
Schenectady, New York

INTRODUCTION

Dr. Bakal uses a three-session, individual hypnotherapy approach that is unique in that he addresses and reframes the negative suggestions about flying that are so prevalent in flight terminology. In his original article (Bakal, 1981), he reported excellent results with a series

of 21 patients followed up for three years, and one qualified "success" with a patient who had only two sessions in two days before a flight to Hawaii. (*Ed.*)

REFRAMING SUGGESTIONS AND PROCEDURE

In the first session, prior to hypnosis, I point out all the wrong words used, unintentionally, by airlines to condition people to fear flying. Examples of such expressions include "terminal" for the airport building, "departure lounge" and the "last and final call" for the boarding call. I also remind patients that when they board a flight, one of the first messages they encounter is how to cope with a crash and how to use oxygen in case of an emergency. If all the wrong suggestions are combined, the patient gets the following picture: they arrive at the "terminal," see the "insurance desk," are asked if the place they are going is their "final destination," and they are told this is the "last and final call" for flight 146, "terminating at Kennedy Airport."

I remind patients to anticipate the noise of the gear going up and the flaps moving up and assure them that these are safe sounds to expect when the plane takes off. . . . The patients are taught to be critical of remarks from airline personnel—such as the pilot stating, "We are going to have some turbulence," and learn not to connect that with the image of air pockets, wings falling off, and planes crashing. They also learn what turbulence is and are encouraged to make the analogy to a bumpy road, a known condition which the patient could expect to handle in his own life experience. In another example, patients are warned that the pilot might say something like, "We have a thunderstorm on our radar and we will *try* to fly around it," thus evoking fears of thunderstorms, severe weather conditions, icing and such other situations.

The patients are told that, when the plane starts to descend, the change in the sound of the engines is similar to that of an automobile going downhill as the driver eases up on the gas and the engine slows down. Also, veteran fliers will remember that the stewardess usually announces, "We are on our *final* approach and we will be on the ground in a few moments. Please stay in your seats until we arrive at the gate."

After the patient has consciously addressed the fact that he is constantly exposed to all these suggestions, hypnosis is induced. Although I use Ericksonian techniques, any technique would suffice. The patient is then led through a "flight." I like the "My-friend-John" approach. On the first session, I take "John" step-by-step through the flight, each time bringing to his subconscious attention these suggestive expressions so that he can address them and cannot deny that they exist. Then I take John on the plane after hearing, "last and final call." Finally, the plane moves, takes off. The following features are pointed out to the patient:

1. A lack of sensation of height.
2. The beauty of the city and countryside, night or day.
3. The slant of the airplane.
4. The statements made by the stewardess about crashing.
5. The sound of the gear retracting and the loud noise it makes when the holding bolts lock in.
6. The noise of the flaps and their purpose to aid in lift, and the sound when the plane reaches altitude and levels off and when the engines slow a bit, similar to the noise we expect with a car when it reaches the plateau at the top of a hill.
7. The pilot talking to them to warn of turbulence and thunderstorms.
8. The angle of the luggage racks in level flight (slightly upward).
9. The banking and tipping of the plane, similar to a car on a banked road.

John is now encouraged to settle down and enjoy the flight. When the plane starts its descent, the patient is taught to notice:

1. The luggage racks have now leveled off, the sound of the engines which have been slowed further. This is the same as an

automobile when it is ready to go downhill; the car slants down, you take your foot off the accelerator and decrease speed.

2. The stewardesses tell people to buckle their seat belts, put out cigarettes, and to put seats in the upright position, that they are on "the final approach" and will be "on the ground" shortly.

Each "wrong word" is pointed out. The landing is described. The flaps go down and the gear goes down with the usual loud sound. The plane lands and the pilot races the engine in reverse thrust to slow the plane down so that the brakes will become effective. Then the plane taxis up to the airport building known as the "terminal."

On the second visit, the patient again enters the state of hypnosis, is taken through the same situation. But this time, ideomotor responses are used as each situation is encountered. On the third trip, the patient verbalizes as he hears or sees each item on the flight.

Hypnosis with Phobic Reactions

Don E. Gibbons, Ph.D.

INTRODUCTION

Systematic desensitization may easily be adapted for use within a trance induction format (Gibbons, Kilbourne, Saunders, & Castles, 1970; Gibbons, 1971), as a means of alleviating phobic responses which are not due to unconscious symbolic substitutions or emotional displacements, and which are not primarily instrumental in the satisfaction of other needs. As an illustration of the manner in which this may be accomplished, the following suggestions are designed to alleviate a fear of flying which is simply the result of inappropriate past experience, or lack of appropriate experience, with flying itself. [Note: Clinicians may also obtain head nods or signals from the patient throughout such a rehearsal to monitor their comfort level. (*Ed.*]

REHEARSAL SUGGESTIONS WITH FEAR OF FLYING

First of all, I want you to make yourself quite comfortable and relaxed; and when you are feeling thoroughly peaceful, and completely comfortable in every way, you can signal me by raising the index finger of your right [or left] hand. So just let yourself relax completely now, and soon your finger will rise.

[After the subject has responded:]

That's fine. Just continue to relax even deeper now; and with every word that I utter, you will find yourself able to follow my suggestions more easily. Just let your imagination drift along with my words, and let yourself flow with the experience I describe, and soon you will be able to feel everything I suggest to you, just as if it were really happening.

Now, as you continue to relax more and more, I want you to picture yourself at home, getting ready to go to the airport. But the relaxation you are feeling now will remain with you, and if you should happen to feel any tension later on, you can just raise your index finger again, and I will take you back to an earlier part of the trip and we can proceed more slowly. So just picture yourself here at home, feeling very relaxed as you begin to pack and to make all the other preparations for your trip. And as you do, just notice how relaxed you are, and how calm you have become.

Now you are taking your luggage out to the car and putting it into the trunk. And now you are getting into the car, ready to go to the airport, and still feeling perfectly calm. All the details of the trip have been taken care of up to this point, and you can just relax and enjoy the drive.

You will be able to answer yes or no to my questions by shaking your head in the appropriate manner. You are still feeling very calm and relaxed now, aren't you?

[Pause. If answer is yes:]

That's fine. Now if you should happen to feel any anxiety at any time, you can just signal me by raising your index finger, and we can go back to an earlier stage in your journey and let you relax a little more deeply before going on.

But I doubt that you will need to do this, because you are still feeling so very deeply relaxed and calm.

Now you are pulling up to the airport and getting out of your car in order to give your luggage to an attendant who will see that it is checked onto your flight. You get back into your car and proceed to the parking area. You park your car and calmly stroll into the waiting room, feeling perfectly calm every step of the way. Now you are waiting in line at the ticket counter, picking up your ticket, looking at it, and now you are walking to the gate where you are to board your flight.

On the way to the gate, you pass a newsstand, where you notice a paperback book which looks extremely interesting. You stop a moment to purchase the book to take along with you on your flight. Now, still deeply relaxed, you are going through the security check on the way to the gate. You remain deeply relaxed as you think about the book you have just purchased, and about how interesting it appears to be.

Now you have completed the security check and you are approaching the gate. You give your ticket to the attendant, who stamps it and gives you your seat number. You take a seat in the waiting area and begin to thumb through the book, becoming more and more interested in it with each passing second. It looks like it is going to be one of the most interesting books you have ever read.

As your flight is called, you rise from your chair and prepare to board the plane along with the other passengers, still feeling very deeply relaxed and thinking about the fascinating book you have just started to read.

Now you enter the plane and make your way to your seat, still feeling perfectly calm and relaxed. You sit down and fasten your seat belt and open the book once more, quickly becoming so absorbed in your reading that you scarcely notice the takeoff.

You interrupt your reading long enough to enjoy the meal which is brought to you, and you are pleased to discover how good everything tastes. You are still deeply relaxed and you enjoy your meal thoroughly before returning to your book.

So absorbed in your book have you become once again that you are surprised to discover that the plane has landed and is taxiing up to the ramp.

You leave the plane, feeling relaxed and happy. You have had a very enjoyable flight, and you have remained perfectly calm during the entire trip. And now that you have seen how pleasant flying can actually be, you know that whenever you fly again in the future, you will have a similar relaxing and enjoyable experience in store for you.

Suggestions for Simple and Social Phobias

Michael A. Haberman, M.D.
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Phobic panic responses, as opposed to true panic disorder, occur following a psychological stressor. Usually, the anxiety response builds in anticipation of the event, which might vary from entering an elevator, airplane, or high place to giving a speech. The sine qua non of panic disorder is the onset of the panic attack without clear precipitant and then later the gradual onset of anticipatory anxiety and progressive limitation of activity. On the other hand, simple or social phobia has a clear and reproducible precipitant (e.g., entering an elevator or giving a talk) that leads to avoidance of a specific behavior. Panic disorder is treated with medication but phobias can respond to hypnosis and psychotherapy.

The essence of an anxiety response is that it is based on fear. A phobia concretizes that fear. Once established, the reinforcer to the avoidance is the reduction in anxiety when one moves away from the feared situation. Therefore, the person develops a conditioned response. Normal ego defenses erect walls to protect the personality from undue fear. Usually the origin of the phobia is unknown.

Hypnosis can approach these anxiety responses through a search of the unconscious using Watkins' affect bridge technique or by a more directly behavioral technique, such as relaxation coupled with systematic desensitization. The latter technique is extremely easy for a hypnotic operator. It involves only an induction and the suggestion for developing skill at self-hypnosis and relaxation of muscle tension coupled with suggestions that such relaxation (experienced as heaviness or a floaty feeling in the limbs, for example) indicates a lessening of fear and an increase of comfort.

You then use a fractionation technique during the first session. This technique involves helping the person alternately and repeatedly enter the hypnotic and waking state and is usually experienced as going deeper each time, which you also suggest to them.

Prior to inducing hypnosis the patient develops a hierarchy of situations gradually approaching the actual phobic situation, such that the first situation is the least anxiety-provoking (such as reading a travel magazine), to a bit more anxiety (thinking of taking an airplane), and then more anxiety-provoking (making a reservation). Gradually his visualizations then take him onto the plane itself, and then into the air. These form the basis of images. You can repeat the patient's own words during hypnosis.

As scenes are imagined, the therapist may obtain ideomotor finger signals when the patient is experiencing anxiety. At that point, the patient should be told to stop imagining the scene and to imagine a neutral stimulus. The anxiety response diminishes as you have the person take himself/herself deeper into trance before imagining the anxiety-provoking scene again. As you reintroduce the troubling scene, the anxiety response recurs but hopefully lessens.

In this manner, you gradually "desensitize" the individual to his fear in vitro. This must be followed by in vivo techniques (e.g., actual trips to the airport using self-hypnosis at appropriate times during the journey).

If the patient is less phobic and only gets anxious, for example, during the landing of an airplane, you can use a very different technique based more on the unique logic of hypnosis. A general theme in phobias is a fear of being trapped in a situation over which you have no control and which can be destructive to the self. This applies to airplanes or giving speeches. One needs to identify metaphors that the patient can use to concretize the concepts of freedom and control and power that they can use in hypnosis. Here is an example of how to apply the principles outlined above.

CASE 1. Joseph is a 35-year-old salesman who must travel to both coasts in his job. After a few weeks of uneventful flying, a flight he is on experiences severe turbulence during which passengers are instructed to stay in their seats and fasten their seat belts. Joseph becomes frightened and notices his heart racing and his breathing becomes more labored. After the flight lands and he gets off the plane, he feels better but the next time he gets on a plane he is hypervigilant and consciously concerned over safety issues that he took for granted before. Over the next few weeks he flies four times and begins having anticipatory anxiety before leaving for the airport. He has anxiety attacks on the plane. Over the next few weeks, insomnia develops and he is anxious during the day, consciously afraid he will have to fly. He fears someone will find out and he will lose his job. He has no formal psychiatric history and he says, "I have always been able to handle things before. I don't know what to do."

You decide to use hypnosis. Joseph tells you he is fond of bicycling as a hobby. Joseph enters trance quickly and you might say: "I wonder if you can recall when you first learned to ride a bicycle. You may be thinking of a bike with training wheels or even a tricycle because that is how most people begin to learn how to control themselves. At first a grownup needed to walk next to you and steady the bike and you were very aware of your fear, but also of your excitement and your desire. A new world was opening up for you and you reached out for it. Remember how you practiced and practiced until somehow you forgot that you were afraid, forgot that there was ever a time you didn't

know how to ride. You were in control. And all it took was practice and you learned to ride a bike as well as you could walk.

"And remember then when you first learned to drive a car, how scary it was to get behind the wheel and have to hit the gas and the brakes, and steer and watch the road. Remember there was a time you didn't want anybody to talk while you were driving, didn't want your concentration broken. Then suddenly you were driving and you couldn't remember how not to drive. You were in control. And you can learn to control your fear again just as you learned how to enter this relaxed state, just as you learned how to ride a bike and how to drive a car. You can permit yourself to be in control again. Just like you began to feel excitement instead of fear. And suddenly you weren't limited anymore in where you could go. You could travel far away from home knowing that you were in control, that you are in control now, of the depth of your relaxation, of the attention that you pay to the sound of my voice and the meaning of my words to your unconscious mind. If you choose you can achieve this state whenever you need to. Whenever you would like you can enter a deep state of relaxation, a state in which you are in control and you can permit yourself to go deeper and deeper as you breathe slowly and deeply. [Be sure the patient is doing this—otherwise, use what he is doing.] Whenever you need to you can enter this state of relaxation, deeply, easily, comfortably and always in complete control. Always in complete control."

Example of Treating Phobic Anxiety with Individually Prepared Tapes

M. Erik Wright, M.D., Ph.D.

INTRODUCTION

The following tape recording was prepared for a middle-aged woman who experienced debilitating anxiety at the thought of going to a doctor or dentist, a store or restaurant, and so forth. When the anticipated anxiety became too great, she was able to calm herself sufficiently to carry out these activities by listening to the tape. She routinely kept the tape in her purse so that it would be available to her as needed. If she was in a situation that required privacy, she used earphones. She had practiced trance induction and relaxation procedures with the therapist in the past, and had described a number of reassuring scenes. These are imbedded in the relaxation process on the tape.

ILLUSTRATIVE TAPED SUGGESTIONS

[The therapist's voice is recorded on tape.] While sitting in a chair, as comfortably as you can, you can let your eyelids close, blinking a few times . . . and then very gently let them close. . . . As they close, let your whole body gradually begin to have a feeling of lightness . . . a feeling of lightness with the weight and heaviness going out of your shoulders and your chest, and then out of your abdomen . . . just letting go . . . letting your hands rest comfortably . . . feeling the air going in and out, from your abdomen, from your chest . . . Then feel the lightness in your hips, thighs, and legs . . . Just let go.

[The therapist introduces the idea of relaxing in a bath, a soothing experience for this client:] Let your thoughts take you to your bath where you are so very comfortable . . . just the right temperature . . . and relaxing very comfortably . . . with the same lightness of your body just floating and yet resting there . . . Very gently, quietly, letting go . . . Going deeper and more relaxed . . . [The therapist mentions a particular sensation that had been referred to by the client in the past:] Letting your stomach growl when it wants to . . . It has a right to make its own statement . . . Just feeling yourself getting lighter and freer . . . Very light and free. . . .

[The therapist introduces the idea of Wendy, the client's dog, a source of great pleasure and comfort:] And then, after a while, when you are out of the bath . . . feeling warm and relaxed . . . perhaps feeling Wendy near you, resting on your lap, or wherever she fits nicely . . . Just a sense of quiet peacefulness and letting go . . . Feeling secure . . . A sort of gentle peacefulness . . . Going deeper and deeper with each breath.

As you practice, two or three times a day, wherever you are, just feeling this free, and quiet, and secure feeling each time . . . then when you're very relaxed and quiet, you can go somewhere you want to . . . or take a trip . . . You can do some of the things that you need to do . . . or want to do . . . and enjoy the sheer pleasure of moving your body. . . .

Whenever you choose, you can spend ten minutes or twenty minutes or even longer, just letting go . . . feeling your shoulders easing up . . . listening to your quiet breathing . . . sensing the lightness and freedom of your body . . . There is no rush . . . There is no pressure . . . Just letting go . . . gently and quietly . . . So good to let go and not have any pressures or any tensions . . . Feeling good and whole. . . .

And as you relax, the inner mind is focusing your energy toward healing and mobilizing your health forces . . . not only for the health of your eyes and teeth, but for whatever else is needed . . . to heal, to recover your energy, to restore your sense of well-being and joy of living . . . Very quietly, very relaxed as you listen to my voice . . . going a step further each time that you practice going into this quiet space of your own . . . You can choose whatever images you want to . . . Wendy when you want her with you . . . or she may romp off when you want to be free . . . Very deeply relaxed, as long as you need to be. . . .

When you are ready to come back to the here and now, give yourself a signal . . . then very gently feel yourself coming back to the here and now . . . the calmness and good feeling persisting even when you are totally awake and going about your business.

Treatment of Lack of Confidence and Stage Fright

David Waxman, L.R.C.P., M.R.C.S.
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The restoration of self-confidence is one of the easiest and most rapid results that can be achieved by hypnotherapy. The full ego-strengthening routine, suitably reinforced by specific suggestions appropriate to each individual case, has proved invaluable in the treatment of this condition.

[Begin with this, then proceed in the following manner:] "As you become . . . *more relaxed* and *less tense*, each day . . . *so* . . . you will remain *more relaxed* . . . and *less tense* . . . when you are in the presence of other people . . . no matter whether they be few or many . . . no matter whether they be friends or strangers.

"You will be able to meet them on equal terms . . . and you will feel much more at ease in their presence . . . *without* the slightest feeling of inferiority . . . *without* becoming self-conscious . . . *without* becoming embarrassed or confused . . . *without* feeling that you are making yourself conspicuous in any way.

"You will become . . . *so deeply interested . . . so deeply absorbed in what you are saying . . . that you will concentrate entirely upon this to the complete exclusion of everything else.*

"Because of this . . . *you will remain perfectly relaxed . . . perfectly calm and self-confident . . . and you will become much less conscious of yourself and your own feelings.*

"*You will consequently be able to talk quite freely and naturally . . . without being worried in the slightest by the presence of your audience.*

"*If you should begin to think about your-*

self . . . you will immediately shift your attention back to your conversation . . . and will no longer experience the slightest nervousness . . . discomfort . . . or uneasiness."

[When the patient is likely to be called upon to appear upon the stage, to make a speech or to deliver a lecture, the above may well be modified in the following manner:] "*The moment you get up to speak . . . all your nervousness will disappear completely* . . . and you will feel . . . *completely relaxed . . . completely at your ease* . . . and *completely confident. You will become so deeply interested in what you have to say . . . that the presence of an audience will no longer bother you in the slightest* . . . and you will *no longer feel uncertain . . . confused . . . or conspicuous in any way.*

"*Your mind will become so fully occupied with what you have to say . . . that you will no longer worry at all as to how to say it.*

"*You will no longer feel nervous . . . self-conscious . . . or embarrassed . . . and you will remain throughout . . . perfectly calm . . . perfectly confident . . . and self-assured.*"

Whenever a speech or talk has to be given, or a stage appearance made, the patient must be impressed with the importance of making thorough preparation. The feeling that he has mastered his subject or become word perfect in his lines will help him enormously. It is always essential to rehearse it thoroughly before the actual performance. He should be instructed to speak slowly, clearly and deliberately, and to concentrate entirely upon what he is saying.

At every session, following the ego-strengthening phase, the subject is desensitized, as in other phobic problems, to the next situation along the hierarchy in which he is liable to feel the focus of attention.

The teaching of self-hypnosis, whenever possible, can prove invaluable in these cases. Not only can the patient be taught to visualize himself addressing an audience without difficulty, but he can also suggest to himself, during hypnosis, that he will gradually be able to do this without nervousness, self-consciousness or apprehension in real life.

Overcoming Anxiety over Public Speaking

Don E. Gibbons, Ph.D.

INDICATIONS

These suggestions were prepared for use when the patient has already begun to overcome anxiety and self-consciousness concerning public speaking. Once the patient begins to have successful speaking experiences, these suggestions may foster a more permanent diminution of anxiety. A very positive element of these suggestions is the acceptance, utilization and reframing of a modicum of anxiety, which research has demonstrated may enhance performance. (*Ed.*)

SUGGESTIONS

First of all, I would like you to allow yourself to express your fear of public speaking freely and openly for a moment, allowing it to escape like steam escaping from a safety valve, to relieve the pressure. So just picture yourself up there giving your talk, and let yourself feel all the anxiety for a moment, just as strongly as you can. Let your imagination go, and let yourself feel all the anxiety you have been holding back. Feel it surging to the surface. Let yourself feel it all and experience it all. *Now!*

And as I continue to speak, your fear is beginning to leave; for you have allowed most of it to escape by permitting yourself to express it openly. Your fear has been considerably weakened, and what little is left of it is going away completely. It's almost gone. Now your fear is completely gone, and you can feel a great sense of relief.

And whenever you are about to give any kind of public speech, you will be able to feel and experience all the anxiety that the speech may cause you; but this anxiety will always be felt *before* you are about to begin, so that by the time you actually start to speak, most of the anxiety will already have been released. And any remaining tension will be well within the

range that is helpful—just enough to add liveliness and sparkle to your delivery, but not enough to detract from it or prevent you from doing your very best.

Because you are able to express all your unnecessary anxiety ahead of time, you will be able to concentrate completely on what you have to say as soon as your speech begins, without worrying about how you may look or sound to others. And as your talk progresses, you will soon become so engrossed in what you have to say that you will forget about yourself completely.

When your speech is concluded, you will be full of the warm feeling of accomplishment which comes from the certain knowledge that you have done well. And as time goes on, this realization of how well you are actually doing will cause your anxiety to become less and less, until it disappears completely.

SUGGESTIONS IN DENTAL HYPNOSIS

Suggestions with TMJ and Bruxism

Harold P. Golan, D.M.D.
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You will do this whole exercise with a sense of humor, sort of laugh at yourself and the rest of the world, knowing that you have this secret weapon to use whenever necessary. You may even smile at your teeth, jaws, tissues, realizing that they are going to be helped by what you are learning. You may use this knowledge for any medical or dental situation, injections, examinations, whatever.

[An explanation may be given to the patient that stressful situations occur every day which cause us to grit our teeth.] Whenever one of these anxiety-producing events happen or is going to happen, such as an extremely hard examination, a difference of opinion with a friend or parent, a difficult decision, you unconsciously grit your teeth. Now you have a way of handling the situation by keeping just enough nervous energy to do the task superbly well and spilling off the excess tension. When you go to sleep at night you will practice, saying something like this to yourself, "Nothing is important enough in life for me to eat myself up."

[Further instruction may explain that most gritting or bruxism happens during the night. The cause is that the subconscious mind remembers the stressful or anxiety-producing situations which have occurred during the day or threaten to occur in the future and replays them many times during the night.] During the night the abnormal touch of your teeth will waken you, you'll smile, realize that your subconscious is protecting you, turn over and go right back to sleep, losing no sleep at all.

[Glove anesthesia and temperature change may then be produced for trance ratification. Following production of glove anesthesia and insertion of a 25-gauge needle through the skin on the back of the hand, the following suggestions may be given:] You are really wonderful at this. You have just demonstrated to me and to yourself that you have control over one part of your body. The only reason I chose the right hand is that it is visible and accessible. If you can control one part of your body, you can control any part of your body including your mouth. This is a big concept, control of your body rather than your body controlling you. You should be proud of yourself that you are so good at this modality. I'd like you to keep this feeling in your hand for five full minutes following this state of relaxation as a further sign that something physical can happen from this marvelous mental process of yours.

Suggestions with TMJ

Ellis J. Neiburger, D.D.S.

The jaw clenching-muscle cramping-pain cycle of the temporomandibular joint syndrome

can be reduced or eliminated by relaxation obtained by slightly opening the mouth. Inserting the tongue between the teeth tends in general to act as an accurate measure of interocclusal distance, and serves as a reminder of unconscious mandibular closure. Suggesting to the patient that whenever he clenches his jaw he will automatically insert his tongue between his teeth, averts the initialing state in the muscular tension-pain cycle.

"Whenever you grind your teeth or tighten your cheek muscles, you will want to keep your mouth slightly open, wide enough to place your tongue between your back teeth. This will help your muscles to become loose, loose. . . . This will stop your muscles from cramping. The longer your tongue stays between your teeth, the more your muscles will become loose, limp, like wet cotton."

Erickson's Suggestions with Bruxism

Milton H. Erickson, M.D.

Don't give the suggestion "when your head hits the pillow," because many people sleep without pillows. Instead, trigger it by "when you put your head down." Talk about "how nice it is to fall asleep instantly when you put your head down—the instant you are ready to go to sleep it is so delightful to go sound asleep into a deep physiological sleep. And whenever you go into a sound physiological sleep, there is the possibility that this night or the next night, that this week or the next week, you will grind your teeth. But from now on, whenever that does occur . . ." [Then make the bruxism inconvenient and unpleasant].

[The suggestion can also be to awaken whenever the teeth grinding occurs. Point out:] "It is a very nice thing to have a good grip of the hand, and people are so lazy about exercising—they always skip their calisthenics. Every time you grind your teeth, you exercise your grip until you get a really good grip." [This is particularly effective for children]. With a small child you can reinforce these suggestions by tying a sponge rubber in the hand and endowing that sponge rubber with nice properties: "It will help your fingers to open and enable you to get a very strong arm."

[An alternative suggestion is for the bruxism patient to awaken whenever he grinds his teeth.] . . . he can go to sleep with gum tucked in between his cheek and his teeth. You explain that he must learn to sleep that way so that every time he grinds his teeth he will slip that gum in between his teeth, chew it for a while, then carefully tuck it back against his cheek and go back to sleep. [Transforms bruxism into a gum-chewing habit, and who wants to do this ordeal in the middle of the night.]

TMJ and Tension Headaches

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INTRODUCTION

For the next five minutes, experience a uniquely effective technique to enjoy a hypnotic trance. Simply listen to the suggestion, follow the instruction and be pleasantly surprised by the experience.

INDUCTION

TENSION. Focus attention on your hands. Put the heels of the hands together and let the fingers touch each other. Raise the hands to the height of the jaw, elbows away from the body. Press the hands together. Press tight enough to feel the tension in the fingers, hands, arms, shoulders, neck, feel the tension around the jaw, face, head. Squint the eyes, wrinkle the forehead. Press tighter. Feel that tension!

RELAXATION. Now relax: hands down, eyes closed. Take a deep breath through the nose and hold it, now gently release the air. Nice and comfortable, pleasantly relaxed. Lips together, jaw loose, limp and relaxed.

With eyes closed, arms and legs in a comfortable position, let the body sink gently into the chair. As the tension drains from the top of the head to the tips of the fingers, become aware of relaxed muscles around the head, temples, forehead, eyebrows, eyes, nose, cheeks, lips, chin, jaw, ears, neck, shoulders, arms, hands, fingers.

SUGGESTIONS

Sense the relaxation throughout. Feel warm. safe and secure. Float with the feeling, and once again, take a deep, deep breath through the nose and hold it, now gently release the tension. Nice and comfortable, pleasantly relaxed. More deeply relaxed.

Feel good and confident that relaxation is always just a breath away. Want it to happen, expect it to happen, it will happen. Enjoy the calmness, the tranquility and the serenity.

ALERT

Now as though waking up from a pleasant relaxed rest, feel naturally bright, alert and refreshed. Sound in mind, sound in body, sound in health. Eyes open, bright, alert and refreshed. Ready to proceed.

[Now that the muscles have been mentally relaxed, to further enhance relaxation, it is suggested that the patient follow the same path of relaxation by massaging the muscles from the top of the head to the tip of the fingers. The results are quite rewarding.]

Suggestions to Promote Dental Flossing

Maureen A. Kelly, D.D.S.,
Harlo R. McKinty, and
Richard Carr
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These authors found that eight months following suggestions to promote dental flossing, 67% of patients, as compared with 15% of a control group, were found to have improved gingival health. The groups were given the following types of suggestions.

(1) "Suggestions involving oral health which explained the need for routine dental flossing to prevent periodontal disease and interproximal caries; (2) suggestions involving personal appearance which cited healthy looking gums, clean teeth, and the benefit of avoiding interproximal decay; and (3) suggestions dealing with social desirability which mentioned better smelling breath and a cleaner, more well-kept appearance."

Gagging

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Boston, Massachusetts

INTRODUCTION

Gagging is an abnormal response of mouth and throat muscles to a normal stimulus either physical or psychological. It has been a problem in professional practice for persons who cannot swallow food or pills, brush their teeth, wear dental appliances, or react excessively to chemotherapy. Authorities have mentioned various methods of controlling this habit. They include authoritative waking suggestion, symptom removal by hypnotherapeutic suggestion, and brief hypnoanalysis (Erickson, Hershman, & Secter, 1961), as well as anesthesia (Hartland, 1966), ideomotor questioning and anesthesia (Cheek & LeCron, 1968), and direct suggestion (Hilgard & Hilgard, 1975). The following technique uses relaxation, temperature change and anesthesia for adults, and relaxation, temperature change and arm catalepsy relaxation for children.

THE TECHNIQUE

After an adequate physical and emotional history (Golan, 1987), hypnosis is explained as being a normal, natural physiological function,

an altered state of awareness during which the patient will hear everything, be in control, and not be asked to do anything contrary to his or her wishes. Once patient permission is granted, induction consists of asking the patient to close his eyes, take a deep breath, hold it, and as he exhales slowly, let out all of the anxieties about this moment and problem. At the very beginning, you may briefly touch or raise the wrist to signal to the patient that some sort of change is happening. The following suggestions may then be offered:

Your body is your most prized possession. Only you can take care of it. You owe your body the respect of good health. Self-preservation is the first rule of life. With your new dentures, you'll look well. All those people surrounding you will see you smile. You'll eat well, being able to swallow everything, helping your digestion. Remember that adequate food is necessary for life itself.

Notice how good you feel right now, how your breathing rate has slowed. [The pulse is taken as this is being said.] Every muscle from the tip of your toes to the top of your head is relaxing, comfortably and easily. [Name the muscle systems.] You'll practice this in the privacy of your room or home, in the beginning, at least six times a day until it becomes second nature to you. It can be a moment, a minute, several minutes, or you can even put yourself to sleep this way. You'll be able to do this after a while with your eyes closed or open, because you'll have to eat or do what we have suggested here for treatment with your eyes open. You'll be in control even when you practice, because if there is any legitimate interruption such as the phone or someone calling you, you can open your eyes, capable of carrying out any of your daily activities perfectly well and cheerfully, just as you will at the end of this visit.

You'll be able to carry this out for any medical or dental reason whenever you need it. For the first time you'll be in control of your body, rather than your body controlling you. You'll smile, realizing an immense feeling of confidence and pride in yourself. You'll smile not only at the outside world, but at the tissues of your mouth and throat, using the new control you will learn. This relaxation is the most complete a body can experience.

Let's now mention the reasons gagging occurs. It can be a physical cause, such as being conditioned to gag by a physician's throat stick or choking on a piece of food like a fish bone. It can be psychological, such as an emotional situation which is frustrating, irritating, nauseating, connected with work, family, health, having teeth removed. You will be taught to control it whatever the cause may be.

At this time it is suggested to the patient that in order to test their creative imagination, they are being given a pseudo-injection in the back of the right hand with the blunt end of a pen:

You will know that feeling of numbness, pins and needles, cold which happens with an injection of novocaine. Allow this to spread across the back of your hand as though you have a glove of anesthesia, and stop it at the wrist.

The doctor, by observing, can see the veins begin to raise and stand out, and can also feel the temperature change. When he senses the area is anesthetized, he can insert a 25 or 27 gauge needle through the skin and leave it in place.

Remaining in this state of relaxation, in a few moments you may open your eyes, look down at the back of your right hand, smile at what you see there, close your eyes and go even deeper into this lovely state of relaxation, remembering what you saw.

For those who cannot legally insert a needle, you may suggest to the patient that he notice how cold his hand is, having him signal the change to you with an ideomotor signal, and then having him open his eyes in the same way described above, and notice how pale his hand is compared to the operator's hand and how his veins have raised because of the vasoconstriction from the cold. It is important for the patient to realize that he or she can cause a physical change by a mental process (Golan, 1986).

After removing the needle, suggest that the patient keep the anesthesia during the trance and for five minutes following hypnosis as a further sign that something physical can happen from the marvelous power of his or her mind. At this time, suggest that the patient transfer the anesthesia to his mouth, every

portion of his mouth—hard palate, soft palate, throat, floor of the mouth, gingiva, and cheeks. Then, with a gloved finger, touch each portion. Have the patient emulate your touch. It will give him great confidence to be able to touch an area of the mouth, an action which previously caused him to gag.

In working with children, an arm catalepsy [rigidity] is suggested for trance ratification purposes. They may make an arm rigid, strong, tight, and then relax it. Explain to them that this is what they do when they gag, tightening their throat muscles and forgetting to relax them. Now that they know how to tighten and relax one part of their body, they can learn to do it to any part of their body, including their mouth. They, too, may open their eyes when you test their arm.

Control is mentioned again: if she can control her hand, she can control any part of the body, including the mouth. Whatever the original reason, physical or psychological, it can be controlled. If the reason was physical, the anesthesia or temperature change can do it; if psychological, the relaxation and anesthesia take care of the problem.

You may repeat some of the steps mentioned above which you consider important, since repetition of suggestions will enhance the total result. Motivation is increased by repeating suggestions about the wonderful, new appearance and function of dentures for this kind of patient, and the ability to eat properly for patients with problems swallowing. Suggestions may also be given for proper brushing and oral hygiene for patients who were not able to tolerate objects in the back of their mouths. Suggestions are tailored for each patient, taking into account the emotional history which was taken at the beginning. Finally, the trance may be ended by suggesting that the patient will have no feelings of tiredness or heaviness when he arouses himself:

You will be rested and refreshed, as though you had a very pleasant nap. You'll feel happy that you have found this medium, proud that you have the intelligence to do this, cheerful. Every nerve, blood vessel, and muscle will be vibrant and alive. The whole day will take on a rosy glow.

Repeat the suggestion of retention of the anesthesia for five full minutes after trance, assuring the patient the he can use the hand for any purpose during this time. Using a rising voice, make certain that the patient is completely aroused from trance during some of the repetition of dehypnotization. We then proceed at the patient's own pace after hypnosis, whether it be for x-rays, prophylaxis, operative procedures, surgery, or denture construction. As treatment proceeds, the need for formal induction and hypnosis decrease. Simple reinforcement may be necessary at crucial stages.

Imagery with Hypersensitive Gag Reflex

J. Henry Clarke, D.M.D., and
Stephen J. Persichetti
Portland, Oregon

INTRODUCTION

Some dental patients have difficulty tolerating dental treatment because of a hypersensitive gag reflex. Direct suggestion has been used by some dentists. Desensitization may prove beneficial when anxiety and fear are the underlying etiology of the problem. Clarke and Persichetti, however, devised an imagery procedure for the treatment of a highly sensitive gag reflex in the absence of significant fear. (*Ed.*)

SUGGESTIONS

The patient may be asked to imagine "breathing through an opening in the neck (cricothyroid region). Our rationale is that it is difficult for these patients not to focus on the pharyngeal area. The image of an opening below that region allows them to focus on breathing, bypassing the 'gagging' area. It im-

plies that the pharyngeal area is not so critical and need not be a problem. The image is related to the patient's primary concern with breathing, and therefore is easy for them to maintain. We also suggested cool, fresh air flowing in and out with no effort. . . .

"We have encountered some patients who disliked the image of breathing through 'a hole in the neck,' and we have then explored images such as a 'numb throat,' or breathing in some other creative way. The home use of audiotape, practice denture, and impression trays (or other practice techniques) is a form of desensitization—relaxing while simulating procedures that are usually anxiety-provoking. This also familiarizes the patient with the procedures for the next appointment. The patient goes through several rehearsals of the actual procedures. Acrylic practice dentures should be as thin and stable as possible; otherwise they may trigger the gag reflex. Combining the desensitization with the dental treatment reduces the number of appointments needed."

Denture Problems and Gagging

Donald R. Beebe, D.D.S.
Mentor, Ohio

INTRODUCTION

These suggestions were given to a patient who complained of problems with gagging the day after eight teeth were extracted and a denture made. (*Ed.*)

Mrs. L., your new denture is gagging you because it feels bulky and strange, and your recent extractions are causing you some discomfort and pain. You will no longer be troubled with these strange and bulky feelings, nor the discomfort and pain. For as I am talking to you these feelings and gagging difficulties will slowly fade away, you will find that when I wake you from this trance, that the denture will feel comfortable and that you will not gag anymore. Now I am going to count slowly from one to ten and when I reach ten all of your gagging, discomfort and pain will have faded away.

One, your gagging and discomfort is starting to fade away. Two, it is fading more and more. Three, less gagging and discomfort. Four, gagging and discomfort fading more and more. Five, it is half gone. Six, gagging, discomfort and pain still fading. Seven, all of your dental difficulties are almost gone. Eight, your gagging problems are nearly gone. Nine. Ten, everything connected with your denture problems are normal. You no longer need to gag. I am going to count from one to three and at the count of three you will be wide awake, feeling refreshed and rested. Remember, your gagging problems will be gone as well as your other denture problems. One, coming awake. Two, eyes starting to open. Three, wide awake.

[The patient was instructed to return to my office in one week and told that she would be rehypnotized in the same manner and the same suggestions reinforced. The patient returned one week later and reported that she no longer had a problem with gagging. However, I rehypnotized her and reinforced the suggestions that had been given previously. Seven years later, this patient has never been troubled with gagging due to her denture.]

Suggestion with Gagging

Irving I. Secter, D.D.S., M.A.
Southfield, Michigan

The following is now frequently used. After the patient has learned to develop hypnoanesthesia on cue, he is told: "In the past the x-rays [or toothbrush, or whatever stimulus it may have been] has caused you to gag. From now on instead of causing you to gag it will cause an anesthesia to develop, which will prevent the gagging."

Gagging Suggestion

William T. Heron, Ph.D.

Mr. _____, you are having trouble tolerating x-ray film in your mouth. You know, of

course, that it is necessary to take the x-rays in order that the dentist may know how to proceed. That is the case, isn't it? [Pause for head response.]

When you are hungry, you enjoy food in your mouth, correct? [Pause for response. Of course everyone gives a positive response.]

All right. Now, when you have food in your mouth it touches your tongue, the inside of your cheeks, the roof of your mouth, but all of these touches are pleasant, aren't they? [Pause for positive response.] All right. Now, as the x-ray film touches your tongue and inside of your mouth, think of those touches as if it were food. Is that all right with you? [The dentist may now proceed with work, usually without too much difficulty.]

Control of Salivation

Irving I. Secter, D.D.S., M.A.
Southfield, Michigan

The flow of saliva increases when there is food in the mouth to be eaten. This is the beginning of the digestive process. There is now no food present to be digested. Therefore your excessive salivation is not useful and is undesirable. Visualize in your mind's eye a water faucet turned on full. Then see yourself turning the handle of the faucet until there is no more water coming through at all. Swallow the saliva which is in your mouth, and notice how dry your mouth becomes. Then turn the faucet on only enough for your mouth to become just moist enough.

Dental Phobias and Fears

Louis L. Dubin, D.D.S., Ph.D.
Philadelphia, Pennsylvania

EXPLORATION TECHNIQUE FOR DENTAL FEAR FROM A TRAUMATIC EXPERIENCE

[Following an appropriate evaluation of the patient and hypnotic induction:] I would like you to visualize a large calendar that has the years on it, in addition to the months and days. And I want your mind to replicate a bear-cat scanner, and continue to scan the inner recesses until it lights up on the period of time and the incident that precipitated the problem. [Pause for identification of event.] I would now like to have you superimpose over this experience the type of experience that it can be, with modern techniques and skills, coupled with the kind of clinician you would enjoy, the way it can be—comfortable, secure and rapid. Whenever faced with any external or invasive technique, this new superimposed image will prevail, and a new security will embrace you.

PARESTHESIA FROM INDUCED ANESTHESIA OR NERVE DAMAGE BY MANIPULATION

I would like you to go back to that early time to recall the period when your lip had full sensation and functioned as intended. Now overlay this normal sensation over the unnatural feeling and feel how the change has returned you to comfort. [An ideomotor signal may be requested for when this internal response has occurred.] When either the chemo agent begins to dissipate or the nerve begins to regenerate, the hypnotic superimposition will begin to recede and the natural feeling will be reestablished. Thus during all the periods, there will never be anything but a natural feeling.

SUGGESTIONS FOR GAG REFLEX

1. While casually going about preparatory activity prior to a procedure, the clinician categorically and definitively states that it is impossible to gag while holding one's breath because of the physiologic and anatomic relationship of the human race. "Let me show you by introducing what has always troubled you: an x-ray film; a tongue depressor; or even an impression tray. [Each is used with the patient while he holds his breath, while the following suggestion is given.] And note how comfortable you feel, the loss of the troubled

sensation and the marvelous tolerance to the previous irritant.

2. [This procedure utilizes technical jargon and creates expectation of positive results from a "medical procedure." It is a naturalistic hypnotic procedure, assuming that the patient in the dental chair is already highly fixated and focused in attention. (*Ed.*)] [First note the severity of the gag by testing with no comment.] I am starting a process of tape that causes the shields on the receptor cells in the brain to drop, thereby not permitting awareness of the gag. I shall begin the tap through the occipital, parietal, temporal and frontal area on the left side of your head only, where the light pressure activates the dropping of the shield. [Following the application of pressure.] Now note the complete absence of any sensation of gagging. This may last permanently or have to be reinforced from time to time. So effective is it, that I can touch any portion of your throat and it is no more responsive than touching the skin on your hand.

BRUXISM AND CLENCHING DURING SLEEP

[Following appropriate evaluation and hypnotic induction:] Be aware of that comfortable feeling that you experience when there is an appropriate amount of space between your teeth—no contact. The intense pressure sets up a reaction in the temporomandibular joint which involves the nerves serving each entire side of the face and the head. The resultant symptoms mimic many other physical and anatomical abnormalities, resulting many times in excruciating pain and loss of function. Also, the premature wear of the facets of each tooth alters the occlusion, and if observed professionally, appears to have been caused by an aging process.

However, a mental protective mechanism will now be activated and constantly functioning. Whenever your teeth make contact while asleep, it will feel as if high powered stimuli suddenly appeared and you will be aroused from your sleep. Obviously, if you wish to enjoy an evening's sleep, the subconscious will discipline the conscious to keep the teeth slightly ajar. Just as the subconscious can alter the mental and physical response upon seeing or hearing a traumatic experience, so will it be effective here. All of this can be supplemented with a night guard constructed by your clinician.

ANESTHESIA AND ALTERATION OF PAIN AWARENESS

The following steps are used by the author in producing anesthesia/analgesia: (1) dissociation, (2) increased tolerance, (3) roleplaying, (4) recall.

INTRODUCTORY SUGGESTIONS. Take whatever number of deep breaths that you believe you require to return to that comfortable state that you enjoyed before. You will feel yourself descending or ascending several plateaus more than the previous time, and fully enjoying what you selected to experience; where and with whom, is your choice—either the experience you've had or would like to have, or in a location you've been to, or would like to be, either alone or with someone of your choice. It isn't necessary for you to be concerned about hearing my voice or listening for suggestions; enjoy your experience at the subconscious level.

DISSOCIATION. If you are frank and are truly enjoying an experience you've selected with all your senses involved, then all that transpires here will be of no consequence to you. If you are not here, all that happens here will not impact you. You will also have no recall back in the alert stage of what happened here, and only recall, if you wish, of the marvelous experience you selected.

INCREASED TOLERANCE. Note the degree of discomfort, on a scale of 0-10, that you are experiencing. Also note that if you would like to reduce it, you can participate in the resolu

tion of the problem. You can, to whatever degree you wish or are capable, reduce it by "X" amount on the scale, therefore, noting the difference in comfort. Again, with your participation, you may do this on several occasions until you can go no further, noting, however, the obvious difference. Now, taking whatever number of breaths you require to arrive back at that comfortable secure state, picture yourself on a merry-go-round, passing that gold ring on each swing. Reach out, grasp and pull the ring, and depending on how effectively you pull it in, the tolerance that you've already achieved that is registered on the scale of 0–10 will alter considerably. You may be able to eliminate it completely or retain a tolerable level.

RECALL. Do you recall the last time you experienced the comfort of the local anesthetic, the feeling of numbness of your lip to the midline, the loss of control and the inability to expectorate without dribbling down your chin? Do you also recall that whatever the doctor did, you had only awareness and no discomfort but only sensations of touch. All of this can also be experienced just as vividly.

Visualize taking off your glove on a subfreezing day in the winter, and immersing your hand in the newly fallen snow. Feel the cold permeating from the tip of your fingers until it reaches your wrist, becoming colder and more intense, in fact, so intense that it is becoming intolerable, wanting to find relief.

One of your hands will float up toward your face now, and the index finger will touch the area that is to be anesthetized. When all of the anesthesia leaves the finger and hand, and drains into your face, the hand will return to your lap and the intensity of the cold will have completely anesthetized the gums, the teeth, tissues, both anterior and posterior, to he selected area. This area, like when it was previously anesthetized with a chemical and an injection, will have the same protective mechanism that frees you from all discomfort. It will last the same length of time that it always lasts when injected, and return to a natural feeling free of any post-discomfort, bleeding or swelling.

Illustrative Suggestions with Tooth Extraction

Selig Finkelstein, D.D.S.
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RAPID RELAXATION INDUCTION

Mrs. M, before we start, I'm going to teach you how to relax. As you know, everything is easier when you are relaxed. While relaxation is a mental process, it does help to have something physical to work with, so shrug your shoulders a little. That's very good and that is all the actual physical movement you need to make. Mentally, move this feeling of relaxation from your shoulders into your upper arms, through your elbows into your forearms, wrists and hands, so that you have a comfortable relaxed feeling from your right hand up your right arm, across your shoulders, down your left arm to your left hand. It's all right to close your eyes now. Move the feeling of comfortable relaxation from your shoulders into your chest and stomach and hips . . . into your upper legs and through your knees into your lower legs, ankles and feet. Now move the feeling of comfortable relaxation from your shoulders into your neck and let it spread up into your head, until it fills your entire head with a comfortable relaxed feeling. Take a deep breath and as you breathe out, relax very deeply. You have noticed how relaxing it is when you breathe out, so you can become more deeply relaxed and comfortable each time you exhale.

ANESTHESIA SUGGESTIONS FOR TOOTH EXTRACTION

We do have a very effective surface anesthetic, which I am now applying to your tooth and gums. I'm squeezing it into the gum tissue and now, to make sure we have complete anesthesia, I'm going to push it under the gum around the tooth. Notice how the numbness increases as I push it firmly down further and further around the tooth. I'm now going to

exert even more pressure to push the anesthetic material under the gum and down around the root of the tooth. The anesthesia has now become so profound you will not be able to feel the tooth being removed . . .

VASCULAR CONTROL, CLOTTING, AND NORMAL HEALING

The tooth is out, and you can let the socket fill with blood and clot normally. You can be pleasantly surprised at how little discomfort and swelling there will be as the tooth socket heals rapidly in a normal manner. When you open your eyes, you will feel refreshed and very good and very pleased with yourself, and when I count to three, you will open your eyes and feel terrific, because you are. One . . . two . . . three.

COMMENTARY

The suggestion for eye closure was made when she started to blink and seemed to be keeping her eyes open with an effort. The suggestion of powerful new topical anesthetic was made to give her trance logic a handle for interpreting any sensation as comfortable. The perceptual distortion was reinforced constantly as the elevator was applied to the tooth and finally as the tooth was removed. Until the tooth was removed, all the suggestions were to the effect that the anesthesia was being instituted and intensified. When the patient was told that it was so numb that she would not feel the extraction, the tooth had already been removed, so there was nothing that she could possibly feel.

The posthypnotic suggestion that the socket will fill with blood and clot and heal normally is readily accepted in the trance state, even though the exact physiological mechanism that makes this happen is unknown at the present time. Giving a subject the feeling of being refreshed and feeling good and being terrific when she opens her eyes gives her an incentive to come out of trance. The trance state is a very comfortable and enjoyable state, and it is wise to give the subject an incentive to terminate it.

Dental Hypnosis

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INTRODUCTION AND INDUCTION OF HYPNOSIS

To determine the appropriate formal induction technique suitable for a particular patient, let us ask ourselves one question: "At this time, is the patient experiencing acute physical pain or severe psychological distress?"

If the patient is not in immediate severe pain or distress, more permissive techniques such as progressive relaxation enhanced with ego-strengthening phrases are usually sufficient to produce the relaxation necessary to make the procedure comfortable for the patient.

Instructing the patient in a direct manner to take a deep breath, let the eyes close and let the whole body go limp as the breath is forcibly blown out produces a rapid relaxation response. The suggestion that "with each breath you take and with each word I say you relax deeper and deeper until nothing bothers, nothing disturbs" sets up an automatic deepening technique paced by the patient's breathing and the dental surgeon's voice. Specific suggestions can now be incorporated into the verbalization.

If the patient is in acute pain or experiencing severe psychological distress, the short, rapid, authoritarian instructive induction techniques are usually the most successful. For a patient in pain, the top priority is relief as quickly as possible. The patient's mind-set is such that he is less critical and readily accepts suggestions and commands which may under normal circumstances seem to be irrational.

The patient's need for the relief of pain or mental distress dictates the rapidity with which he or she will accept hypnotic suggestions and respond to them.

VERBALIZATION FOR TREATING A PATIENT IN SEVERE PAIN

"I realize you are in extreme discomfort and I can help you. For me to do that you must help me. Listen very carefully to what I say and follow my instructions. Do you understand? [Let the patient commit himself.] Good. Now, look at me and put your finger on the tooth that is hurting. Now, as I touch the area [place a finger on an area adjacent to the tooth where there is no inflammation and gently press], feel the pressure of my finger. The pressure feels good. As the pressure increases, your eyelids become heavy and close. Concentrate only on the pressure. In a few moments you will feel only the pressure. When that happens let this finger [touch and indicate a particular finger on one of the hands] twitch. It will move by itself to indicate to me when you feel only the pressure. [Wait for the ideomotor response.] That's good!

"The more pressure you feel, the more comfortable the tooth feels. Now, relax very deeply and become aware only of the good feeling of the pressure."

At this point the tooth can be surgically removed. The unacceptable feeling of pain has been integrated into the acceptable, pleasant feeling of pressure. Trust the ideomotor signal. Do the procedure. Often, as the forceps are engaged on the tooth in question, the pressure produced by the forceps acts as a deepening cue and causes the patient to go into very deep hypnosis.

OTHER DENTAL SUGGESTIONS FOLLOWING INDUCTION AND DEEPENING

ANESTHESIA AND BLEEDING CONTROL. "Nothing bothers, nothing disturbs—you are doing just fine—you are safe, comfortable, enjoying the feeling. Your body is safe, comfortable, totally relaxed, working automatically. You now let yourself flow with that feeling of relaxation so deeply that you need pay no attention to your body anymore.

"As I touch your teeth and the surrounding tissues, those areas become completely numb. Let this finger [indicate a specific finger by touching it] move by itself. It moves by itself when the areas I am touching are completely numb. [Stroke the area until the ideomotor signal is activated.] Good! [Teeth at this point may be surgically removed.] Let the sockets fill and the bleeding stop. Turn it off! [The denture may be fitted and inserted.]

EGO-STRENGTHENING AND TEACHING SELF-HYPNOSIS. "You have done extremely well. Enjoy a feeling of well-being and accomplishment. You now become aware of how good you are at hypnosis. After you leave here today, you can use self-hypnosis for your benefit anytime it is appropriate for you. Go through the same procedure we used today and you will respond as effectively and easily as you did today. Do you understand? Good."

POSTHYPNOTIC SUGGESTION. "In a few moments, I will ask you to allow yourself to come to complete alertness. After you do, your mouth remains completely comfortable. Your mouth heals rapidly. The denture feels good. You speak clearly. Nothing bothers, nothing disturbs. Do you understand? Good."

Suggestions for Operative Hypnodontics

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PRODUCTION OF ANESTHESIA

[One should never assume that anesthesia is present, even though a patient may be in deep hypnosis. Always include this step to produce anesthesia first; then test before operating. The procedure is to take hold of the tooth to be treated between the index finger and the thumb, rocking it and at the same time depressing it in the socket, gently at first but gradually more firmly. While doing this say:] As I press down

on this tooth, you will find that it is getting numb and losing all its feeling. It is beginning to feel as though you've had an injection. You will feel a tingling sensation . . . cold and numb . . .

TEST FOR ANESTHESIA. [Take a sharp explorer and gently press into the gingival area around the tooth, saying:] I am pricking your gum with this point, but, you see, you feel absolutely no discomfort. [Stop, and say:] I shall do the same to the other side of your mouth, but you will feel a sharp pain there. [Then prick the gingival tissues on the normal side very lightly. Almost always, the patient will react with a sudden start. Now go back on the first side and indicate the difference to the patient. If there is any doubt in the operator's mind, either the hypnosis should be deepened and the above words repeated, or the patient should be given procaine and further tests should be made.]

The Let's Pretend Game

Lawrence M. Staples, D.M.D.

Some of my young patients like to play a game called "let's pretend" when they have to have their dental care. They shut their eyes when I tell them to, and they at first just pretend that they are at home, watching their favorite TV program, and they have fun while I am caring for and working on their teeth.

"Would you like to play a game like that," I asked Kathy, and she thought that would be fun. "All right, Kathy, I will draw a 'funny face' on your thumbnail. . . . Here are the eyes, and here is the mouth . . . and right between them will go the nose, and now a dimple in the chin. Hold your thumb in front of you and just look at that funny face so that is about all that you see . . . Just that funny face on your thumb. Pretty soon your eyes will be tired-like, and your eyelids will begin to feel so *VERY HEAVY* and tired-like, that they will feel like they do when you are tired. That is fine, just let them stay closed until I tell you to open them. You will not go to sleep, for you will want to listen to what I am going to say, and it will be just so much fun.

"I want you to pretend—make believe—that is what the 'pretend game' is. You make believe that you are at home in your own living room and lying down looking at television. It can be just as real as can be. When you see the television screen you can nod your head so that I may know that you see the TV screen all lighted up, and your bestest TV program is coming on. . . . There it is now . . . and it is getting clearer and clearer. I want you to see every bit of the picture, and it can be just as good as it ever was when you saw it at home. I want you to tell me all about the picture . . . what people or animals, just what you saw, later, after I tell you to awaken. And all of the time that you are watching the television program, I'll be working on your teeth. You will hear some noise, and feel some pressure, but you will be having so much fun watching the picture that you will not mind anything that I do. Nod your head to let me know that you are having fun." [Kathy nods.]

I occasionally make some remark, such as: "I want you to tell me all about what you saw, and you know you can always close your eyes and see your favorite television program whenever you come to the dentist. . . . You will always want to have your dentistry done like this. Going to the dentist can always be fun because you have learned the game of 'let's pretend.'"

Then I said to Kathy: "In a moment I am going to say the letters . . . A..B..C..and the next time I say the letter C, you will open your eyes smiling and feeling very happy that you have had two cavities cared for and a little old root removed . . . and it has been a lot of fun . . . A . . . The picture is about over and it will just fade away . . . B . . . The picture has gone and the TV screen is dark, and now, smiling and happy . . . C . . . Your eyes will open and, oh boy, did you ever have fun!?"

My records show that later, as Kathy grew older, water skiing on one of the New Hampshire lakes took the place of the television, and Kathy told me how she learned to water ski one summer, and so I said: "Suppose you shut your eyes as you have done many times before when you were having dental care . . . let yourself

become limp and loose and lazy-like, just as you have done before . . . sleepy-like and drowsy-like. . . . And suppose you see and feel yourself water skiing up on Merrymeeting Lake. . . . Imagine that you are in the water. . . . Daddy and his boat are in front of you and as you hold the rope, Daddy starts the motor and up you go on your skiis . . . just the way you did last summer. . . . And now Daddy makes the boat go a little faster, and away you go down the lake. . . . Be careful now, you are going to cross up over the waves that the boat is making. [As I said this, Kathy slightly lifted her toes as she would when going over a wave.] And now you are down near the end of the lake. Daddy is going make a turn." [And Kathy slightly moves her shoulders as she would do in balancing herself for making a change of direction.]

I chatted as I did her dental work, suggesting that she was going over the waves and making other turns, etc. At one point I suggested that one of her friends was out water skiing also, and I said: "Mary, over there has just taken a tumble . . . but you, Kathy, are such a good water skier that you don't fall. [This remark of praise brought a slight smile on Kathy's face.] Water skiing is so much fun up on Merrymeeting Lake, and it is also a lot of fun to close your eyes and daydream that you are waterskiing whenever you come for dentistry. You can always have your dentistry done this way. . . . And now, Kathy, your dentistry is finished for today, so I'll say A . . . B . . . C . . . and you will awake smiling and happy . . . A . . . Daddy's heading for the shore . . . B . . . you drop the rope; you are in shallow water now . . . and C . . . the daydream is all over—eyes open and you smile because that was a lot of fun."

Erickson's Approach with Bruxism in Children

Milton H. Erickson, M.D.

I think as soon as the child is old enough you really ought to take up with him the question of the feelings in his mouth, and the question of how the mouth works. Once you get the child interested in his own bruxism movement, sooner or later he will show it to you. You ask him to really memorize those feelings, and then you express the very pious hope that he *won't* awaken when he makes that bruxism movement during sleep. And you express this hope so nicely and so genuinely and so suggestively that you actually condition him to awaken by your subtle negative suggestion.

You can also suggest that he will be able to *hear* the bruxism; that he will awaken when he hears it; and that he will immediately comfort himself with the realization that he has a good pattern of going back to sleep whenever he awakens. But how many times does a person want to awaken in the middle of the night just to prove to himself that he can hear his bruxism, and that he can go right back to sleep!

Use of Fantasy or Hallucination for Tongue Thrusting

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[First the hypnotized patient is asked to imagine (or hallucinate) an unpleasant, negative theater scene or a negative experience with the associated unpleasant feelings. Then he or she imagines a very happy scene or experience with the accompanying positive feelings. The patient is asked to signal with a head nod when he or she is experiencing the suggested scenes.]

Let the theater scene disappear for the time being. Be aware of the fact that you are sitting comfortably and relaxed in this chair.

Now we can talk about your tongue thrusting and how much nicer it will be for you when your teeth are straightened. Listen carefully. Every time you thrust your tongue into an improper position, you can re-experience the bad feelings that you had during that bad scene in the theater a short time ago. You can immediately put your tongue in a proper position, and the bad feelings can be immediately replaced by the wonderful feelings. Are you

willing for this to happen? [Patient nods.] Would you be willing to try this a few times right now for practice?

Suggestions with Tongue Thrusting

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INTRODUCTION

[Following hypnosis and a thorough education of the nature of the problem.] At this point, the patient being in a very relaxed state and giving signs that he is willing to continue with the instructions, an explanation of the swallowing pattern is given. He is informed that the particular pattern which has brought him to our office is a holdover from infancy which has been allowed to become a habit for reasons in which we are not really interested. He is given the freedom to resolve for himself this aspect of the problem in the light of his intelligent adult evaluation of the explanation which is given. Assuming the strong motivation which has brought this patient to our office for assistance with his swallowing pattern, he is informed that we strongly believe that he wants and is willing to accept and act upon the re-education of his swallowing pattern.

SUGGESTIONS

Now, Paul, while your body is completely relaxed, and your mind completely free to concentrate upon the way in which you swallow, we can review for you the steps in swallowing. In doing this while the mind is completely attentive to the steps to be followed, we can be quite certain that these steps will be fed into the program of swallowing, and replace this troublesome way of swallowing which has been a holdover from infancy. We can allow the nerves in the tongue to become acquainted with the proper place for the tongue to be during swallowing.

You remember, Paul, that in proper swallowing, the tongue is supposed to make contact with a spot on the soft tissues of your palate directly behind the two front teeth. Now, Paul, allow your tongue to find this place, and to feel it, and to become comfortable with the way it feels. Notice particularly how well the tongue fits to this spot. Notice how much more relaxed your entire body becomes as your tongue becomes more familiar with this spot.

Now, Paul, allow the tongue to remain in contact with this special place, while your teeth and lips close together in preparation for swallowing. Notice how easily you can accomplish this when all of the muscles in and around your face and mouth are completely relaxed.

Pay close attention, now, Paul, to just how easy it is to complete the swallowing action while you are so completely relaxed. Notice that the tongue is able to maintain its contact with the palate during swallowing—without any extra stress on any of the muscles of your mouth—the lips are able to remain closed gently together without any need to fight the thrust of the tongue which you have had for all of these years.

Please continue to relax in this fashion, Paul, while you repeat this action a few times so that it becomes very completely imprinted in the memory banks of your subconscious mind—*so that each and every time you swallow from now on* [this is said slowly and repeated two or three times to ensure that the patient truly grasps its significance as a posthypnotic instruction] your subconscious mind will activate the nervous pathways which will enable you to swallow in this same relaxed fashion. You will find that this activity by the subconscious mind will replace very soon the past mode of swallowing.

You will also, Paul, become consciously aware of this progress, although only very dimly at first. As the newly learned pattern of swallowing becomes more comfortable, you will find this awareness growing in your consciousness, so that you will feel proud that you have been able to do such a good job on

yourself when the orthodontist compliments your progress in treatment. But, most of all, Paul, you will have a feeling of accomplishment in knowing not only that you were able to learn this new pattern of swallowing, but also that you will have been able to do such a good job that there will not be any sliding back into this former pattern—you will have learned it well, and for good.

Paul, before we bring this trance to a close, I would like to know whether there is anything about the instructions which is not clear. Do you understand everything? [Upon ascertaining that the patient does understand the instructions, he can be roused from his state with instructions which also reinforce previously given posthypnotic instructions for swallowing and well-being in this regard.]

Now, Paul, since you fully understand what you must do to learn this new way of swallowing, we can end the appointment. I should like you to rouse yourself from this very relaxed state with a feeling of well-being that everything is normal. Also, you will feel refreshed from having relaxed in this fashion, and feel good in knowing that each and every time you swallow, the subconscious mind will take over to help you to swallow more easily, and without the problem tongue thrust.

HYPNOSIS WITH CANCER PATIENTS

INTRODUCTION

CANCER PATIENTS HAVE a variety of psychological and medical needs that may be addressed through hypnosis. Cancer and chronic illness may certainly have a negative impact on self-esteem and feelings of confidence. Thus hypnotic ego-strengthening methods that were discussed in Chapter 5 may be of value with these patients. In addition, simply the use of self-hypnosis to control symptoms provides the patient with a sense of mastery and counters feelings of helplessness and powerlessness. Pain is a prominent issue for some patients, and thus the suggestions in Chapter 3 may likewise be of benefit. The side effects of chemotherapy are popularly regarded as being almost as terrible as cancer itself. Certainly the side effects of anticipatory nausea, vomiting, diarrhea and loss of appetite may be successfully addressed through hypnotic suggestion (Walker, Dawson, Pollet, Ratcliffe, & Hamilton, 1988). You will find a variety of suggestions and metaphors in this section for treating these symptoms.

Anxiety and fear, discussed in the last chapter, are also important symptoms of many patients. Professionals in the fields of hypnosis and behavioral medicine widely believe that producing feelings of calm and tranquility allows the immune system to function at a maximal level, aiding the fight against cancer. For these reasons, self-hypnosis and approaches like Meares' deep meditative hypnosis or the method of prolonged hypnosis may be valuable therapeutic tools.

Although research evidence is anecdotal and limited, many health professionals similarly believe that hypnotic imagery may enhance the functioning of the immune system (Rossi, 1986; Simonton, Matthews-Simonton, & Creighton. 1978). We truly hope that this is the case and there is encouraging research about our ability to enhance cellular immunity (Hall, 1982-83). The field of psychoneuroimmunology (Ader, 1981) has experienced an explosion of exciting research that is beginning to identify

factors like stress, depression (versus laughter), and loneliness (versus social support) that seem linked to diseases like cancer (Borysenko, 1987).

However, we must await further, more definitive evidence about the potentials, limits and active ingredients of hypnotic approaches with cancer. We very honestly don't know what works. Thus most of us use very different hypnotic approaches like those of both Meares and the Simontons, in the hope that they will be beneficial to at least some of our cancer patients. Assisting the patient in letting go of strong, unresolved feelings may also prove to be a key in enhancing the body's ability to fight and prevent cancer (Pennebaker, Kiecolt-Glaser, & Glaser, 1988).

I believe that we must strike a balance in our approach to cancer patients. We must remain optimistic, offering hope and treatment options that we believe may prove beneficial, and yet we must remain cautious not to make exaggerated claims to the public that imply that hypnosis is a cure for cancer. Historically, enthusiastic proponents of hypnosis have too often made grandiose claims, and then, when hypnosis has failed to live up to the false advertising, it has fallen into disrepute and disuse. We hope that we possess some keys, undoubtedly in need of refinement, that will open locks to free bodily responses that serve preventative functions and assist in the fight for life. At a minimum, hypnotic techniques will offer many of our patients' symptomatic relief from nausea, vomiting, pain, suffering, depression, and loss of self-worth—thus providing a higher quality of life during the time they sojourn with us. Later in this chapter you will also find that Levitan's Hypnotic Death Rehearsal Technique offers an alternative for assisting terminal patients to come to grips with their own impending death.

Clinical Issues in Controlling Chemotherapy Side Effects

William H. Redd,
Patricia H. Rosenberger, and
Cobie S. Hendler

We believe the control of chemotherapy nausea/emesis through hypnosis offers several advantages. Hypnosis during chemotherapy treatment makes the experience less stressful and the time pass more quickly. It requires no equipment unless a patient uses hypnosis tapes, and then only a tape recorder and audiotapes are required. Unlike antiemetic drugs, it does not produce aversive side effects. As a skill which patients can learn, it gives patients a personal sense of mastery and control over their problem, rather than an increased sense of helplessness resulting from further dependency on drugs. Hypnosis not only enables the patient to alleviate his or her experience of nausea, but also potentially benefits the patient in other areas. Finally, as a general relaxation technique, a patient may use hypnosis to reduce stress and anxiety. Its benefits extend beyond the control of nausea.

In spite of the many benefits hypnosis offers, we frequently encounter an initial reluctance on the patient's part to employ this technique. We find that many patients have the preconception that hypnosis is a mysterious technique allowing the therapist to influence or control the individual's thoughts or actions. Straightforward explanations of hypnosis alleviate many patient fears. In our introduction to hypnosis, we emphasize that patients control their hypnotic experience and that they become hypnotized only to the extent they allow themselves. Furthermore, we stress that it is a skill that individuals can master with practice, rather

than a state which just "happens" every time they are hypnotized. To those patients searching for a technique which eradicates post-chemotherapy nausea with little effort on their part, this is a disappointment. To those patients who desire control over their acute nausea, this technique is eagerly embraced.

In addition to a general wariness toward hypnosis, some patients believe that a psychological intervention implies a psychological etiology of their problems. That is, if nausea can be controlled through hypnosis, the nausea must be psychological in origin, not the result of the toxic drugs. This suggests to some patients that they are emotionally and/or mentally "weak." In turn, they believe they should either "tough it out" or somehow gain psychological control over the nausea on their own. In response to this attitude, we discuss with patients the very real aversive side effects of chemotherapy and point out that psychological interventions can be useful in the treatment of physical problems.

Some patients are reluctant to devote the time necessary to practice hypnosis. It represents another interruption in a schedule already interrupted by physicians appointments and chemotherapy treatments. Some patients prefer to live with the nausea until it becomes unbearable rather than make a commitment to learning this technique. In addition to the inconvenience in their schedule, hypnosis serves as another reminder that they have cancer. For individuals actively seeking normalcy, any such reminder is not welcomed.

The importance of good rapport between therapist and patient cannot be underestimated. Hypnosis is an interpersonal event: both therapist and patient are active participants. This interpersonal element seems critical; we have found that patients must initially work with someone and be trained in hypnosis before hypnosis tapes are effective. Patients report they prefer to experience hypnosis with a therapist several times; it is only when they have identified and become comfortable with their hypnotic experience that they can "transfer" to audiotapes.

A final issue is the patient's dependence upon the therapist's presence during chemotherapy such that the patient resists progressing to self-hypnosis. Our research to date suggests that the presence of the therapist may be crucial to successful nausea/emesis control. However, it should be understood that in our initial work we included no formal training in self-hypnosis nor did we encourage the patients to use any methods of self-control. We are now investigating ways of maximizing patients' involvement in their nausea control by stressing patient independence from the outset, teaching patients to use audiotape recordings of hypnotic inductions during chemotherapy treatments, and training nurses to assist patients in nausea control.

Suggestions and Metaphors for Nausea

Alexander A. Levitan, M.D.
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LAKE METAPHOR. See yourself watching a lake high in the mountains. Notice that there is a storm raging. There are whitecaps and the skies are dark and cloudy. Then watch carefully as a solitary sunbeam penetrates the clouds. Soon others follow it and the dark storm clouds part to allow the sunshine to come streaming through. Soon there is bright sunshine everywhere. The surface of the lake is now tranquil and serene.

TURN OFF THE LIGHT. See yourself as a house with many rooms. Find the room that contains the unpleasant feeling that you are experiencing now. [Pause] Turn off the light in that room. Tiptoe out of the room and quietly close the door and lock it so that those feelings don't bother you anymore.

SUGGESTION. Whenever you practice relaxing, you will have the pleasant taste of mint in your

mouth and it will replace any undesirable taste or feeling you may have.

MAGIC MIRROR. See a magic mirror pass through your body at your upper abdomen such that all the nausea is below the mirror, and it doesn't bother you at all.

RESTAURANT METAPHOR. See yourself planning to visit a new restaurant, one you've been looking forward to for a long time. See yourself dressing, then leaving the house with the person you'd most like to be with. See yourself arriving at the restaurant, being escorted to the table where everything is just as you hoped it would be. See yourself opening the menu, noticing all the wonderful things there are to eat. Be aware of that pleasant anticipatory hunger. Take an emotional snapshot of that feeling. That's the feeling you'll have whenever you practice relaxing, and it will substitute for any negative feelings you might have at the time.

Suggestions for Chemotherapy Patients

Alexander A. Levitan, M.D.
New Brighton, Minnesota

And I want you to take a moment to see the drugs helping you. You know that we are all here working together for your benefit. You're on the team, too. You are a member of our group. Feel the medicines going into your system. See them searching out any remaining cancer cells that might be anywhere in the body, anywhere in your abdomen. See them attacking those cells and destroying them. See the cancer cells dying. See the battle raging as one blow is delivered from one drug, then another blow from the other drug. Knocking out the cancer cells, destroying them totally. Then see your own defense mechanisms, your own white cells, your own antibodies going in there administering the final blows, cleaning up the breakdown products, the trash, the residue. See it being taken up by the bloodstream and excreted from your body, expelled from your body in your urine and your stool. See the inside of your abdomen, healthy, clean, free of any hints of cancer cells. All of this is within your power. All of this you can do for yourself. It is a good feeling to be in control. It's nice to be in charge. It's nice to be the captain of the ship.

Now, while you are relaxing and enjoying the peaceful place you have chosen, I want you also to know that you can control the other feelings you have. Just as your learned to turn the pain switch off to your hand [when glove anesthesia was performed] so that you need not have any discomfort when the IV is set, you can turn off the switch that controls any unpleasant feelings in your stomach. Any hint of nausea can be turned off. Find the switch on the switchboard which controls that and turn that switch off. Let the light go out over the switch, let that feeling extinguish itself. Some people even like to think about a house, a house with all the rooms lighted. Find the room in the house that controls the stomach, and turn the light off. Let that feeling leave you totally and completely. Replace it instead with a comfortable, peaceful, pleasant feeling. Almost as if that part of the body didn't belong to you any longer. Almost as if you didn't even have to think about it. That's good. Enjoy that feeling and keep it there as long as you want. Know that it is available for you whenever you wish. You are in control, you can turn that switch off anytime you wish, and you can set the timer to leave it off as long as you like.

And if there ever should be any little hint of discomfort, any little hint that something isn't quite right, all you have to do is take a deep breath, let yourself relax and it will disappear. It will be replaced with the same feeling of peace and contentment you have now. And now, why don't you decide which hand you would like to numb up and, when you have fully numbed it up, that's fine, just let it become heavy, free of discomfort, free of painful sensations. Let the veins in the back of the hand dilate up. Let them become like swollen, full rivers. Let the needle go in prop-

erly into the vein when the IV is set. Let the vein and the skin wrap themselves tightly around the needle so that there will be no chance of any leakage, there will be no black and blue marks, no bleeding, and certainly no discomfort. That's fine. Just let that happen. OK. And when you're ready, let us know by raising the finger and we will set the IV. [There is no need to confine suggestions to anatomically or physiologically known functions. The mind has influence far beyond what we can accurately describe and explain. Glove anesthesia does not correlate with neuroanatomy and neither need these suggestions.]

Suggestions and Metaphors for Support and Ego-Strengthening in Cancer Patients

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Metaphors and suggestions must be such that they are meaningful to the patient at the particular time they are given. The patient must be able to relate to suggestions from the context of his or her previous experience, and suggestions must be ego-syntonic. Suggestions of mastery often are most effective when they reflect a previous time when the patient was competent and effectual.

A metaphor used with young adolescents with cancer to help them deal with depression around weakened functioning and the vast changes made in their lives is as follows:

> Imagine a picture, broken into a thousand pieces. Now begin to pick up the pieces and put them back together again.

These children, metaphorically, felt that their lives were "broken into pieces" by the effects of the disease. They, often correctly, saw their lives as being devastated and felt helpless to continue with their daily routines. These children had worked picture puzzles when they were younger. Putting together a puzzle reflects mastery; the implication is that the child has mastered one situation, the puzzle and can in the same way, master another and cope with his or her present situation.

A suggestion used with adults who are struggling to cope with diagnosis or recurrence of cancer is as follows:

> You'll find you have some strengths that you didn't know you had.

These adults were previously bright, well-functioning, and had considerable strength, so the suggestion "have some strengths" is ego-syntonic. The suggestions "You'll find" and "you didn't know you had" imply that the patient need not be aware of the strengths at present, but may experience them in the future.

General Suggestions for Self-Healing

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INTRODUCTION

These suggestions for self-healing are applicable with other medical disorders besides cancer, but they have been included in this chapter because of their particular relevance to cancer. (*Ed.*)

SUGGESTIONS

And perhaps beginning to remember that inner, central core of existence, that place deep within the central part of mind and body, that place of inner harmony and inner calm, quiet stillness, a place of inner healing powers and life force. And remembering that from the very beginnings of existence, the mind and body have known how to heal themselves. The body knows how to heal over scrapes and wounds

and injuries, how to generate new cells and new tissue whenever needed. And the body knows equally well how to regulate its own healthy functioning; regulating heart rate and breathing, and body temperature and blood pressure, all effortlessly, unconsciously, automatically maintained at moderate healthy levels. And the body knowing how to maintain its own healthy blood chemistry, maintaining the necessary hormonal and chemical components for a healthy functioning mind and body; maintaining and regulating the serotonin levels, the potassium, the endorphins, all the necessary hormonal and chemical components that allow for an active, alert mind and body, but without overexcitation, overstimulation. And in similar fashion, the body maintaining an immune system effortlessly, automatically, warding off invading organisms before they have a chance to gain a foothold. Building resistance, maintaining resistance, building antibodies, the white blood cells surrounding the invading viruses or bacteria, like white knights on white chargers. And the body knows how to regulate its metabolic system; the metabolism being designed to help us stabilize our bodies at a normal, moderate, healthy level. And in every way, mind and body working for health, healing, maintenance of healthy functioning. And somehow knowing of these inner resources, the strength, the growth, the healing, the life force, making everything easier.

Hypnotic Suggestions with Cancer

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INTRODUCTION

The following suggestions, like the Simontons' approach, encourage the patient to actively fight the cancer through the use of imagery. Naturally, such suggestions may be individualized to the patient, and pauses may be included to allow time for the development of imagery. Patients may also be asked to interact and describe their experience and imagery, allowing suggestions to be more closely tailored to the patient's experience. (*Ed.*)

SUGGESTIONS

A cancer cell is a weak and confused cell. If it reproduces rapidly it may form a tumor. Normally cancer cells are quickly destroyed by the immune system. Recent research is demonstrating that imagery can assist immune system functioning. It is important for patients to communicate to the clinician their spontaneous imagery to the suggestions. This is important in terms of prognosis and also to help illuminate healing psychotherapeutic work that may be needed.

Allow yourself to become very warm and comfortable. Let any fear fade away . . . becoming very warm and relaxed . . . safe and secure. Begin your healing journey by first making yourself very small, as small as a drop of water, and then slip inside yourself through your mouth and down your throat. You can be inside a clear bubble that will protect you and supply you with everything you need. Allow yourself to become even smaller now and enter your bloodstream.

Circulate through your body and tell your immune system to release stronger and more effective white blood cells into your bloodstream. Let these white blood cells be represented by an animated or symbolic form. Watch them stream through your bloodstream, full of energy and sure of their purpose—to dissolve any unhealthy growth that they find. If you would like you can transmit messages of encouragement or direction to your immune system. . . . You might want to thank your immune system for the good job it is doing in the face of a challenger . . . or ask your immune system if there is anything you can do to help speed your healing.

From a safe vantage point, see any tumors being dissolved as your white blood cells

surround and overcome any unhealthy growth. See the area being completely healed and then watch your immune system cells patrol through your body in a loving and protective way. See and feel yourself being restored to a state of ideal health and appreciate and love yourself for taking the time to love and heal in this way.

Hypnotic Suggestions with Cancer Patients

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CONTROL OF CHEMOTHERAPY SIDE EFFECTS

Time will go by rapidly, your anxiety and fears will be much less . . . you can sleep for long periods of time during and following treatment . . . nausea and vomiting will be minimal; however, *if you have to vomit you can* . . . should you be asleep when you need to vomit you can awaken, vomit, and immediately go back to a deep, restful, peaceful sleep . . . time will pass by quickly . . . hours will seem like minutes . . . there will be little discomfort and vomiting will grow less with each treatment.

SUGGESTIONS WITH TERMINAL PATIENTS

You will be free of tension, tightness, stress and strain, you will be relaxed and at ease, and your body will be relatively free of discomfort. You will have a minimum of discomfort. . . . You will be relaxed . . . at ease. . . . You will have a feeling of well-being . . . sleeping when you desire . . . and reinforcing these suggestions yourself . . . as frequently as you desire. . . . You can eat well and enjoy the food intake the doctor has ordered for you. . . . Discomfort, anxiety, and tension will be minimal and under control most of the time . . . you will be relaxed and at ease. . . . You can rest well, secure in the knowledge that your unconscious mind will allow you to be free of excessive tension and any physical or psychological discomfort.

[These suggestions may be reinforced as often as necessary with periodic and frequent self-hypnosis.]

TYPES OF SUGGESTIONS TAUGHT IN SELF-HYPNOSIS

I will be virtually free of pain. . . . I will eat as much as I can, enjoying my food. . . . I will sleep as often as I wish, going to sleep easily and awakening calm and refreshed. . . . I will be free of fear, calm and unafraid, with little anxiety or tension. . . . I can review as I wish the pleasant experiences of my past life, my family's affection, the warmth of my friendships . . . and past problems will fall into place, no longer of any great concern. . . . My body will respond maximally to any medical treatment that will prolong my life or increase my comfort. . . . I am calm and at ease . . . knowing that the immense power of my unconscious mind can help me both mentally and physically.

I have a built-in immune system . . . my immune system can block and destroy the cancer cells in my body. . . . I have a powerful built-in psychological immune system . . . and nothing is beyond the power of my unconscious mind. . . . My powerful built-in immune system can . . . and will destroy these cancer cells that have invaded my body. . . . My immune system can and will contain the tumor . . . arresting the growth . . . and finally destroy this invader of my body. . . . I can and will destroy these cancer cells because of the omnipotent power of my immune system and . . . my unconscious mind. . . . I will recover . . . I will get well. . . . I will get well. . . .

Imagery to Enhance the Control of the Physiological and Psychological "Side Effects" of Cancer Therapy

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INTRODUCTION

The selection of a variety of imagery from the patient's abundant garden of experience and fantasy can aid in controlling physiological processes. Analgesia or pain control may be obtained through a reduction of individual components of pain—i.e., experiential, anticipatory or actual pain stimuli. Local anesthesia obtained by hypnosis becomes useful for venipuncture, spinal taps, bone marrow aspiration or biopsy, injections, etc. An ability to maintain body rigidity is required for wound care and therapeutic or diagnostic radiology; body flaccidity may be required for examinations or diagnostic tests. The surgical patient often is aided by stimulation/suppression of appetite, gag reflex, salivation, bowel movement, urinary bladder function, etc. In addition, hemorrhage control may be crucial. Nausea and vomiting from cancer chemotherapy is often uncontrollable with medication. Hypnotic imagery for control of these physiological processes is used with consistent success. . . . The goals of ego-strengthening, faith enhancement, and reduction of secondary gain result in increased patient autonomy and cooperation. Experiencing a decreased sense of fear and anxiety, the patient reacts with less antagonism and resistance to the necessary, optimal therapy.

EXAMPLES OF SUGGESTIONS

[The following suggestions, excerpted from an individual case report, illustrate types of verbalizations that may be used. Induction and deepening had already occurred. It should be kept in mind that these suggestions were tailored to the individual patient, whose interests included snowmobiling, bowling, being outdoors in winter and at the beach in the summer. (*Ed.*)]

PAIN CONTROL FOR MOUTH, THROAT AND STOMACH. Now picture the following: A winter scene at dawn in a safe, secure home or cabin in the woods. Have a relaxed, easy breakfast in front of a fireplace. A warm drink and nourishing food to remove the night's chill. So good to feel comfortable. Being warmly dressed, step outside feeling tip-top, into the invigorating air. Look around you. See each of the objects before you. Let them take on shape, dimension, texture. See each of their colors. Feel the warmth of the clothing—the refreshing coolness of the air. Hear the sounds of the woods—if only to allow the room noises of the nurses working or the intercom announcements to drift off—Perhaps all you can hear is the sound of quiet or even a dog's bark in the distance. Try to smell the fragrances of the woods in winter—a little more and a little bit more. Note how good it feels.

If you were to take off your glove, in your mind's eye, your hand might get numb. If you went on a warmed-up, well-tuned snowmobile through the woods, your cheek might feel a cool numbness with the wind and light snow flurries going refreshingly by. When they put in the central venous line this afternoon, and when they do the bone marrow tap, it will be interesting to think about that cool, comfortable numbness right in the area they're working. Wouldn't be surprised if you could make it numb even before they put the anesthesia in. George, you'll surprise yourself. I'm sure of it, George! Make it numb before they begin, if you want.

TIME DISTORTION. [Time distortion was introduced as part of an undirected, open-ended use of the image used thus far.] I enjoy thinking about a snowmobile ride, down a new trail. One that can become a very familiar one. While you think about that snowmobile trail, I'd like

to talk to you. You can control the speed and where you wish to go. Could even go in slow motion, like the old-time movies, or speed it up or go in reverse. As you take that ride, you can still listen to the things I'll say.

MOTIVATION AND EGO-STRENGTHENING. Body and health are our most prized possessions. You're now working toward restoration of complete health. By mastering this technique, which you're so good with, George, you are regaining self-control. Just as you control how fast you snowmobile, you control your anxiety with relaxation.

There is no longer a need to worry about procedures. You can put it out of your mind if you like, until it's time. You'll be able to relax over it. Able to control the sting of needles, to take the hurt right out of it—pressure, but nothing more. No longer need to wait for pain pills or nausea meds. Once you've told the nurses or doctors, and only if it's appropriate, you can bring relaxation into that part of your body. You've become part of the treatment team. No need to be patient, or tolerate anything unpleasant. Not fighting the nurses or doctors anymore. Not delaying taking meds because now you're learning to handle each situation. Now unified to fight the disease and wipe out the bad cells.

INSTRUCTIONS FOR SELF-HYPNOSIS. Now I've been talking a lot. You probably weren't paying complete attention but you heard everything. Now you're paying attention! You'll remember what we did so you can practice it four or five times a day. You're just an excellent patient and I know you will be able to master this thing so you can turn it on quickly, at a moment's notice. Remember to assume a comfortable position with arms and legs uncrossed. Take three slow, deep breaths. Hold. Feel the tension. Say "relax" and let the tension flow with each breath. Think about some safe, secure, comfortable place—might be the winter scene we talked about or any other scene. Perhaps the beach. See the objects—their shapes, texture, colors. Feel the warmth or coolness, moisture or dryness. Hear the sounds. Smell the fragrances.

POSTHYPNOTIC SUGGESTIONS. George, you will remember everything you need to. You will practice it four or five times a day and be able to achieve deeper relaxation each time more easily and quickly. You will feel better about yourself—a sense of accomplishment and mastery. Now you're able to control feeling instead of them controlling you. Feel just tip-top! Allow the day to take on a rosy glow. Feel the benefits of deep relaxation. As if having had a good night's rest. You will be able to go through the day more relaxed, more comfortable and secure in one's feelings. Look forward to the next session and think about reorienting to the room in a few moments.

POSTHYPNOTIC PHASE. [After the patient was reoriented, he was encouraged to talk by saying:] Any questions? [After any needed clarification, reassurance and "waking" hypnotic suggestions were given.] George, you're such an excellent person for this. You did so well! I know you will practice what we've done and you'll benefit greatly from applying this when it is appropriate. I'll see you tomorrow. We can do another session, if you want. May not even need it.

IMAGERY AS A THERAPEUTIC MODALITY

Images do not intrinsically evoke specific effects; the practitioner's verbalization must include imbedded therapeutic suggestions. While there are no restrictions as to which images to use for a given desired result, the prehypnotic interview will often disclose which experiences of the patient might be revivified or what situations might be fantasized. Patients' likes and dislikes, as well as what things make them feel "good" or what they would really like to be doing, are important clues. Specific treatment goals should be elicited by asking the reason(s) hypnosis is desired. The winter woods

scene used with this patient was carefully interwoven with both direct and indirect suggestions of "safe, secure; relaxed, easy breakfast; so good to feel comfortable; refreshing coolness; cool, comfortable numbness; regain self-control; control anxiety with relaxation; not fighting nurses or doctors; fight disease (pronounced ambiguously: disease); wipe out bad cells; rosy glow; etc."

SPECIFIC IMAGES. Relaxation and anxiety control can be evoked with almost any trance induction or deepening imagery. The broad, green leaf detaching from the tree top, gently drifting on a breeze, as if in slow motion, and finally settling so easily it doesn't bend a single leaf of grass beneath the tree (per Albert Forgione, Ph.D.) can be modified to a colorful fall leaf, a winter snowflake, a speck of dust on a drop of water in a rainbow or the mist of a waterfall. Expansion to full vivification involving sight, sound, smell, taste and touch hallucination can easily introduce suggestions of time distortion (patient controls speed as in slow motion), dissociation (patient separates from the restraints of time, body, ideation, rumination or obsession), and selective amnesia (patient experiences the imagery instead of something perceived as painful or unpleasant). Other scenes of seashores, mountains, underwater or outer space are equally valid and widely used. Karen Olness' flying blanket . . . deserves special mention for use with children. This author often utilizes the imagery of a mare and its colt (or other animal/offspring pair). This image is readily accepted by children and serves the purpose of a strong metaphor (as the colt engages in its activity, the mother is near to make sure that all is well).

Analgesia and pain control involve reduction of the components of experiential (remembered or previously imagined), anticipatory or real (physically stimulated) pain. The first two of these are generally approached through relaxation, dissociation or behavioral desensitization. The actual pain may be reduced by removing the "hurt" from the "unbearable" through reinterpretation or suggestions of direct reduction, space and time contraction, transfer of analgesia/anesthesia to the area or transfer of the pain to another locus. Imagery of a cool, comfortable fog or light rain touching the cheeks, being breathed in and pleasantly numbing the tongue, mouth, throat, stomach, etc. has been particularly helpful and is expanded to a "fog of anesthesia" (as proposed by Andrew St. Amand, M.D.). This image can be adapted to induce local anesthesia, body rigidity or flaccidity, nausea and emesis control, stimulation or suppression of appetite, salivation, or bowel movement, urinary bladder release or retention, and even healing enhancement and tumor shrinkage/destruction.

The psychological goals of ego strengthening, motivation to recover, and reduction of secondary gain are obtained by including suggestions within the imagery. Visualizations of increased self-control, mastery of physiological control and autonomy are encouraged. Within the image the patient is in control of the sailboat, snowmobile, magic carpet, etc., or gains mastery of mountain climbing, swimming, running, etc., and this is linked with any control gained over the patient's physiological complaint.

Revivification of past accomplishments such as success with school, job, family, community or recreation shows previous ability to succeed. Abreaction may occur if the patient perceives this image as confirming the loss of some ability that was important to him. However, this can be a valuable therapeutic event to get the patient beyond the mourning stages of denial, anger and depression to acceptance and continuation of life. Imagery of value with this task involves regression back to early grade school when promotion to a new classroom meant chairs and tables seemed larger than life. The idea of looking through adult eyes at the same scene (with all of the accomplishments since grade school) is introduced. Thus the patient gains the perspective that, viewed from today, the obstacles of the past have been overcome, although they seemed insurmountable then. Childhood experiences of playgrounds, trips to relatives, vacations, etc., are

variations on this theme (suggested by Harold Golan, D.M.D.).

Perhaps the most useful aspect of the imagery technique involves giving permission to experience all of the images that will allow the patients themselves to resolve any issues they need to, at the point in their "therapy" when they are ready. Within the image, patients interact with some "significant other" and are told what they need to hear to resolve their inner conflict. A related approach involves spiritual "awakening" or contact from which the patient gets the feeling of strength to survive and carry on.

Breast Cancer: Radiation Treatment and Recovery

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INTRODUCTION

This script was developed for inclusion on a self-hypnosis tape for a middle-aged woman with inflammatory breast cancer who had to have radiation implanted into her breast. The script was designed in two sections. The first part was designed to be used prior to the operation, in the waiting area, and during the operation. The second part was designed for use during the several days she needed to remain in the hospital with the radioactive implant inside and for her recovery at home. She worked with computers as part of her employment and loved the ocean.*

SUGGESTIONS

[These suggestions followed an imagery induction utilizing a beautiful, tranquil seashore, followed by deepening suggestions.]

When you enter the hospital setting and during the holding period, you can allow your body to become relaxed and in balance. Then you will permit yourself to take one long deep breath in through your nose and out through your mouth while using the thumb and index technique. This will be a signal to go into the deepest level of hypnosis, whereby you will feel your strength and confidence and knowledge that you are a winner and can succeed. This one long deep breath will be a signal to give yourself the strength and confidence to reach the goal you have set for yourself. The time in the hospital and at home is for recovery and healing. The more you allow your mind and body to relax, the more rapidly this recovery will occur. You can permit yourself to allow your body to become relaxed and in balance. Your relaxation will allow your body to nurture itself and adjust, and thus come into balance to enhance your body's natural healing process. Your desire to recover, heal and return to an active life enables you to gain the inner strength and energy within you. With one long deep breath this will be a signal to give to yourself the strength and confidence to reach the goals you have set for yourself, to enhance the healing process. Your relaxation will enhance your healing process and receptivity to the words spoken by your physician, Dr. _____. He will be speaking to you while you are under general anesthesia, and his words which will be technical language will be easily understood by you to enhance your healing process and your body's acceptance of the radiation. As the radiation is absorbed into your body, all healthy cells will be protected by a special coating, while all cancer cells anywhere in your body, whether you use the experimental medication or not, will be hypersensitive to the radiation and will be killed off. Not a single cancer cell will survive. Your love and acceptance of your own strength will allow you to mobilize your natural healing process to recover quickly.

Pay close attention to my voice. You have no cares, fears, worries or other negative thinking. Right now, all your cares, fears, worries and

*Special thanks and acknowledgment must be given to Dr. John C. Curnutte, M.D., Ph.D., The Scripps Institute, La Jolla, California, for his support, expertise and technical assistance in the area of oncology, especially for the current dynamics of how the immune system works for the destruction of cancer cells.

negative thinking will just drift away. They will go so far that you can barely feel or see them. Notice a boat off in the distance. You can put the thought and feelings of self-doubt, being scared, your excessive worry about the cancer, feelings of helplessness, being overwhelmed, not believing in yourself, and feelings of frustration onto that boat and allow it to drift off into the distance, off further and further away; so far and so distant that you barely notice it. Allowing it to be just a dot on the horizon. However, you do not let it totally disappear because you may choose to retain these feelings and retrieve them if you need them. But right now you have no need for them. As you let them go, you gain a sense of peace and calm flowing within your body.

You can allow yourself the pleasure of watching those feelings drift further and further away into the horizon. Notice that you do not allow them to entirely disappear, so that if you want those feelings, they will be there. But right now, you have no need for those feelings, so allow them to go off towards the horizon. These feelings will be there if you want them back or want to be in touch with them.

When you are entering the hospital setting and during the holding period, you can permit your body to become relaxed and in balance. Relaxation will give you that peace of mind and inner tranquility which will enable you to cope with the tensions and stresses of everyday living. It is possible there will be other noises in the waiting area, operating room or outside your room in the hospital. These noises will not disturb you; instead they will act as a signal to deepen your hypnosis. You will be able to adjust yourself to your environment, even though you cannot change it.

If there are people who are discussing something that is not beneficial to you, this will be a signal to go into an even deeper state and their voices will only be muted, white noise to your ears. You will remain calm, poised and relaxed. You will only attend to what Dr. _____ is saying to you to enhance your healing process and the body's acceptance of the radiation. As the radiation is absorbed into your body, all healthy cells will be protected by a special coating, while all cancer cells anywhere in your body, whether you use the experimental medication or not, will be hypersensitive to the radiation and will be killed off. Not a single cancer cell will survive.

Time will pass quickly and pleasantly during your operation and your stay in the hospital. Each day that you are in your room will pass quickly and will be a signal to go into an even deeper hypnosis where your relaxation and concentration will enhance your healing process and your body's acceptance of the radiation.

Relaxation will give you that peace of mind and inner tranquility which will enable you to cope with your stay in the hospital and will enable you to enhance your healing process and your body's acceptance of the radiation. As the radiation is absorbed into your body, all healthy cells will be protected by a special coating, while all cancer cells anywhere in your body will be killed off.

Just imagine a mini computer screen which can monitor and have control over all sensations and control the poison to search and kill the cancer. If you want to monitor any sensation in your breast or any part of your body, you need only to turn on the screen. And if the sensation is due to radiation, the word or color violet will appear on the left hand side of the screen, with the level of intensity in words or numeral from 1-10. This left side is the input side. You can allow yourself to change the numerals to a comfortable level.

If the sensation is due to cancer in the body, the word or color black will appear on the left hand side of the screen, with the word or numeral of intensity from 1-10. On the right hand side of the screen you can type instructions to search and find the cancer, for the white cells and other immune systems to kill and release the needed poison to kill off the cancer cells, while adjusting the intensity level. Lastly, if the sensation is due to any reason other than stated, the word or color red will appear on the left hand side of the screen with its intensity level in numeral or word from 1-10. You can make the appropriate adjustment

needed for complete comfort on the right hand side of the screen. In addition, by saying to yourself, "relax, calm, poise, courage" [conditioned cues for induction of self-hypnosis], you will allow yourself to relax, remain calm, and gain the inner strength and control to achieve your goal.

During your stay in the hospital, you will not need to feel any pain in your arms, legs, or breast, only pressure and some minor discomfort. Your ability to control your threshold of discomfort is under your control. You may feel pressure and some minor discomfort but no pain. If for any reason the medical staff does not do a procedure correctly, your body will be aware of it and it will register on your mini computer screen, so that you can inform them. Once you have told them, this will be a signal to allow yourself to go into a very deep state of hypnosis to enhance your healing process and body's acceptance of the radiation. As the radiation is absorbed into your body, all healthy cells will be protected by a special coating, while all cancer cells anywhere in you body will be hypersensitive to the radiation and will be killed off. Not a single cancer cell will survive.

You are peaceful, calm, relaxing deeper and deeper, deeper and deeper, deeper and deeper. As I talk to you, you continue to go into an even deeper state of relaxation. If feelings of fear or a sense of loss of control arises from a flashback or other past feelings that might interfere with your feeling alive, you can choose either to look at what's causing those feelings or to put them into your file in my office where they will be stored. These feelings will not surface and cannot be touched unless you choose to retrieve them to work on them in therapy, to help you learn to live and enjoy life. You will always know where they are because you have the control and you have chosen to place them there. By knowing this, if a flashback occurs, you have a way of having power to control those feelings and you no longer need to stuff them inside. Rather, you have a way of dealing with them to resolve them and help you to have greater control over your own life. When you return home, your sense of peace, calm and strength will help in the healing process and your recovery time. Your concentration, relaxation, wisdom, and understanding, along with the support and love of your family and friends, helps you to activate your inner light, which is your energy, and your inner goodness, which is your strength. You can allow yourself to harness their energy to help your body's receptivity to enhance your healing process and your body's acceptance of the radiation.

As you allow yourself to feel the calmness within you and the awareness of the sun, you will allow yourself to feel a complete sense of peace and oneness within yourself. This calmness and relaxation will allow your body and mind to function more effectively. You feel a sense of joy and life within your soul. Allow yourself to settle back and listen to the sound and smells of the sea and shore. Listen to the waves rolling onto the shore line. You feel at peace. Let yourself sink deeper and deeper, deeper and deeper. Notice the warmth of the sun, experience the strength of the ocean surrounding you; within you a sense of control, comfortable peace and tranquility. You feel a sense of power, control, inner strength.

As you let yourself drift along deeper and deeper, you are becoming more and more relaxed, and as you are allowing yourself to become more relaxed, you permit your body to become limp and loose, and feel a sense of freedom and oneness with nature and the environment surrounding you.

You know that you can put yourself into hypnosis any time and any place where there is no danger to you or others; thus never while driving a car or cooking. Otherwise you can put yourself into hypnosis very quickly and with each trial and each time you will be able to go into hypnosis more rapidly that ever before. And the suggestions here or that you give yourself will last longer with each trial. You will always find hypnosis refreshing and relaxing. No one can put you into hypnosis without your agreeing to it. Otherwise you will always find hypnosis helpful in reaching your goal of taking greater control of your life.

Now allow yourself to go deeper and deeper than you have ever felt before. If for some reason you need to put yourself into hypnosis where it is not feasible to close your eyes, such as at work or in the middle of a stressful situation, by taking one long deep breath through your nose and breathing out through you mouth, you will permit yourself to go into a very deep state of hypnosis. At that point you will allow yourself to focus your mind on your body, picture the ocean, and repeat to yourself in your mind, "relax, calm, poise, courage." And you will be able to help yourself. You will remain calm, poised, and will respond more effectively to take care of and help yourself.

You will permit time for yourself and to take naps when your body feels fatigued. By taking two five- to ten-minute relaxation periods a day to picture yourself in the ocean or some other scene that brings inner peace, and a breather from the inner stress and turmoil, you will enhance the reaching of your goal of peace and calmness in your life and feelings of being in control.

Each time you listen to this tape, each time you reaccept the suggestions that are contained on this tape, they become more and more a part of you. Even though you may not consciously remember them, they will remain there in your unconscious, and they will work better and more effectively than ever before. You will permit yourself to accept the suggestions on this tape because you want to be cancer-free, and to be able to control various sensations in your body and to know what they mean. You will allow yourself to accept these suggestions because you want to feel stronger, more in control, relaxed, healthier and vigorous. Your desire to be cancer-free, to be strong, and to take control of your life is so great that it easily allows you to accept the suggestions contained on this tape.

Now you can allow yourself sink deeper and deeper, deeper and deeper. You can choose at this point either to fall asleep or to begin the procedure for bringing yourself back to your usual state of awareness. If you choose to fall asleep you will disregard the rest of this side of the tape; otherwise, when you are ready, you can begin the procedure for bringing yourself back to your usual state of awareness. When you do, you will feel alert, refreshed and relaxed, calm, and refreshed, bright, sharp, physically better, emotionally better, mentally better and spiritually better than you have felt in a long, long time. The feelings of well-being will remain with you longer and longer with each trial and each time you listen to this tape. When you are ready, you can bring yourself back to your usual state of awareness.

Hypnosis as an Adjunct to Chemotherapy in Cancer

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INDICATIONS AND CONTRAINDICATIONS

Dr. Rosen models for us his approach to assisting cancer patients who are undergoing chemotherapy. As I point out in Chapter 16, there have been suggestions of caution expressed about using age progression techniques with seriously depressed patients lest they project themselves into a very negative future that exacerbates feelings of hopelessness. This could be iatrogenic and increase suicide potential. Thus you are cautioned to use age progression thoughtfully in working with cancer patients, assessing their level of depression and suicide potential prior to intervention. (*Ed.*)

SUGGESTIONS FOR HEALING, COMFORT AND NAUSEA

[Following induction using Erickson's Early Learning Set.] You can become a bodiless mind. And as a bodiless mind you can travel anywhere at all in time or space. You can be three years old, or ten years old. You can enjoy comfort at any age. [Sometimes I will have the patients signal to me, with automatic movements, when they are comfortable. Then I may

suggest:] Today's date is not 1983. Today is not July 18, 1983. And you are not in New York City, in Dr. Rosen's office. This is 1993 and I don't know where you are. You could be at home, you could be on a vacation trip. You could be with friends, your children, your grandchildren. I don't know where you are, or what you are doing. But you are comfortable, aren't you? You do feel good, don't you?

CASE EXAMPLE

After I get a positive response to age progression I may go even further into the future. For example, with one hospitalized woman, age 43, who had both breasts removed, I said during my first contact with her:

You are 80 years old—83 years old. And you can look back 40 years, seeing yourself at age 43. And you can realize that the period around age 43 was really a very important time in your life—a watershed, the time when you really began to understand the meaning of your life, the value of your life. A very important time for you. You can't say that you were actually lucky to have gotten cancer but, in a way, you feel that it was lucky for you.

I will then play with time:

You are age 83, looking back at yourself, at age 43. And you see what happened after you saw Dr. Rosen. How did you go through that period? How did you go through the chemotherapy? Was the chemotherapy upsetting to you? Did it take one week, did it take two weeks after you saw Dr. Rosen, before the chemotherapy was accepted as a matter-of-fact treatment? As a helper? Or did it take only one session before you felt better? Did it take a month? two weeks?

As I offer different times, I watch for responses and note them. Then I progress the patient, in the same way as I might bring her back from an early childhood regression:

And that young woman of 43 grows older, hour by hour, day by day, week by week, month by month, year by year—and really enjoys her life, doesn't she? Life has become very meaningful. She appreciated the value of every moment. Of course, as Wordsworth said, "Into every life some rain must fall, some days will be dark and dreary." There were some times when things were not so hot. There were times when you thought that you were not going to be able to make it, to get through another hour, another day. But you got through those times, didn't you [again looking back from age 83]?

DISCUSSION. After the general approach, outlined above, I might have the patient hypnotically review the entire chemotherapy treatment, using imagery, when possible.

The progression into the future has three possible effects:

1. It implies that the person will survive and thereby adds to a sense of hope. Hope has been associated with greater survival rates and greater longevity (Newton, 1982-3).
2. It is an indirect way of requesting the unconscious mind to devise ways of dealing with the side effects of therapy and with the psychological and physiological impact of the cancer.
3. Patients are left with some sense of mastery and a feeling of process as they preview responses over the immediate future and through the next few months of therapy. . . .

ILLUSTRATIVE SUGGESTIONS

[The following suggestions were given to a 63-year-old woman who had undergone a radical mastectomy and was soon to begin chemotherapy treatments. She had previously had fears that she might develop cancer, and associated her cancer with a kind of dirtiness or contamination. She believed the letter "c" was associated with negatives, e.g., cancer, calamity, contamination, chemotherapy. After a confusional induction, she was given time distortion and disorienting suggestions. Note the trance ratification procedures that Dr. Rosen utilizes. (*Ed.*)]

You know that St. Patrick's Day came last year and that it probably rained, as it always seems to do on St. Patrick's Day, this year, in 1981, just as it will

in 1982 and as it did in 1979. You know that, a year or so ago, back in 1980, you were impelled to call Dr. Rosen, hoping that working with him would help you in dealing with some severe anxieties. When he didn't answer the telephone you decided that it wasn't the right time to do this. You don't know now, that two years from today you will actually be seeing Dr. Rosen, after some of your worst fears have materialized. You have a lot of conscious awareness of the importance of fantasy, the importance of listening to your own unconscious mind. When you do see Dr. Rosen, in March of 1982, you will want to be prepared to use whatever you have learned throughout your life so that you can redirect, not only your conscious thoughts, but your unconscious activity as well. You can do this by tapping that vast reservoir of unconscious learnings and extracting from it some of the most positive, the most helpful, the most creative experiences and moments. You can find yourself inspired, when the occasion arises, to lift yourself above yourself, or to take yourself outside of yourself, at times, or to go inside of yourself, in order to oversee or to direct those powerful healing forces which you know are present. You don't have to force those forces.

You don't have to force yourself to concentrate. All you need to do is make gentle requests of your unconscious mind. "I would like to ask my unconscious mind to help me to go through this experience comfortably and effectively." Once you have made that request you can let yourself go into a deeper trance, knowing that you have all the resources that you need. You can call on resources from inside and from outside—from your friends. You can allow them to nurture you, temporarily, putting aside your pride for a while, the feeling that you have to take care of everything, for yourself and for others. You can allow yourself to be sick, for a while, not needing to feel sick, but knowing that there is a cleaning up job to be done there, and that it will be done, as efficiently, as effectively and as comfortably as possible.

You know, deep down inside, do you not, that this will be done. It is not just a wish fulfillment, is it? You are going to be well very soon, are you not? I'm waiting for a signal. Yes! Like that! If you are wondering if that is just a wish fulfillment, that you are deliberately moving that thumb, try to stop it from going up, finding that the more you try to stop it the higher up it wants to go. That's right! Like that!

You can sense that force that is working inside you now. And that unconscious force that is working against you, too, can you not? That last force will become weaker and weaker as you become stronger.

You can have some understanding now of the question that was asked a long time ago. "What is the source of this unconscious part of you that is working against you now?" You can talk in words and tell me about it, if you like. [Patient: The source is fear. But it's not going to win—because fear is no good.]

Can you take that fear and wrap it up? Where is it located—in your left hand? Rather than try to fight against it, can you dispense with it, in some other way? Right now, when your hand becomes clenched so tightly, you can try to hold that fear in. The fingers and joints become locked tight. If you try to open that fist, the more you try to open it the tighter the fingers clench. That's right. Try to open it, finding that you can't. That's right. You can really feel the tightness, the tension. Locate all the tightness, all the tension from your body into that left hand; all of the despair. [A loud car horn is heard, persistently blowing outside the window.] And that damned irritating horn can make you feel more frustrated and angry, can't it—till you feel like smashing something—with that left fist . . . and when you've had as much of it as you can stand for now . . . yes, let it build up further . . . there are times when we are in severe pain, that we naturally and instinctively hold onto something, just as you are holding on now . . . in that left fist . . . until the fist itself becomes painful . . . the hand becomes achy. . . . When you don't want to stand it for another moment, just nod your head, once. . . . Now lean back and take a deep breath, and let the fist relax and open, letting out the fear, letting out the tension. Letting it out of your body. Letting it leave your mind . . . like that . . . yes. . . .

You focus on your breathing for a moment or two, letting yourself go into a more relaxed state, a deeper trance. Enter into your cocoon . . . and you are not alone here. You become more and more relaxed . . . and as you relax, more and more, you can listen to your unconscious messages . . . You've heard the negative ones. You have seen them . . . in your dream . . . but you can tune up the positive messages now, too . . . so that they become not only messages from your conscious mind, not only the grim determination of a very strong woman, to overcome this illness . . . it will become a voice from a very very deep source, which just quietly knows that you will

become well . . . and safe . . . and able to proceed with the living of your life again . . . very, very soon.

I don't know what images are going to come to you . . . to represent this very positive feeling . . . but I do know that you will come up with some images that are meaningful to you . . . corrective images, clean, clear, perhaps celestial . . . certainly comforting. [Note the "good c's."] Can you see them, or hear them now? [She shakes her head "no."] Would you like me to supply some? All right . . . you have a vast repertoire of music . . . much more vast than mine. I do not want to limit you. You could think of "The Ode to Joy" . . . or a Schubert Mass . . . or even some Mozart . . . just scan through your repertoire . . . until you hit on some small piece of music that you can sense is a healing music for you. You can hear that, in your mind, more and more vividly, more and more clearly. You can see the orchestra. You can pick out various parts of the orchestra. . . . So, you will remember these and they will come back automatically. And they can be so vivid and so clear that you will be not quite sure—is there really an orchestra, or is it a record that I hear, or is it just in my own head? And it really doesn't matter. All that matters is that you know that you're creative, your healing forces are liberated, more and more. . . .

You can go into a deeper trance and can take a look into your future, if you like. You are with your family, your husband, and everything is back to normal, isn't it?

Or, are you involved in newer projects, that interest you? I [your husband] is well, is he not? You had fears, back in 1982, that he might not be. And he is 74 years old now, isn't he? No? How old is he? [Patient: 72.] Yes, but now it's 1984. He's 74. Can you see him being well, this year? And you are just a youngster—10 years younger.

And that chemotherapy is behind you. And that is a relief, isn't it? [Patient: Yes.] How did you go through it? Was it uncomfortable for you? Or were you able to utilize some of the things that you were working on with Dr. Rosen and others, to make it more comfortable? Did your hair fall out? That was not a serious problem, anyway, was it? You had the wig—a whole series of them, if you needed them . . . and what about the nausea that people talk about? Did you have much nausea? Or were you able to just take a deep breath, whenever you felt it beginning, and let that feeling go out of you . . . blow it out . . . instead of having to throw it up . . . remembering that there was a desire at one time to want to throw something up, in despair, wasn't there? Were you able to let go of that despair, in some other way? . . . to focus on feeling relaxed and comfortable . . . and safe . . . during the treatment and after the treatment? [Patient nods "yes."]

Hypnotic Death Rehearsal

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INTRODUCTION

In response to the needs of certain patients and their families in our practice, a technique has been developed which has proven useful for those imminently facing death and in those manifesting marked anxiety about death. This technique has proven effective in defusing anxiety and correcting misconceptions regarding the death experience and the effect of death upon both the patient and the patient's family. This technique has been called death rehearsal. The approach varies according to the type of problem for which it is being employed and essentially represents a projection of the patient into the future with direct interaction and involvement of the therapist in the scene being visualized by the patient.

THE TECHNIQUE

A representative application of the death rehearsal technique might be for a cancer patient manifesting significant fear and anxiety over the actual mechanics of his or her own death. Characteristic anxieties expressed include the fear that the experience will be extraordinarily painful, extremely disruptive for the family, or that the patient will manifest cowardice during the terminal stages. A major associated fear is that of rejection and of dying alone and uncomforted because of the characteristic uneasiness manifested towards death by our society. Few patients have ever heard of the concept of "helping someone to die."

Under these circumstances we have found it useful to ask the patient whether he or she would like to learn a little about what it is like to die. Almost universally the patients respond affirmatively if the question is posed in a caring and solicitous fashion. A hypnotic trance is then induced by whatever method seems mutually acceptable to the therapist and the patient.

Once in a satisfactory state of relaxation, the patient is asked to project himself into the future and to visualize a point in time when his or her own death is immediately inevitable. He is then requested to give the therapist an ideomotor signal indicating that he or she has a visualization of that point in time. A suggestion is then given that the patient will be able to speak in a comfortable fashion and that each word spoken will serve to deepen the trance, thereby countering the normal tendency for a trance to lighten when the patient is asked to speak.

The patient is then asked to describe the circumstances of the scene visualized. He is encouraged to be as concrete as possible and to describe in minute detail not only the physical setting in which he finds himself but his thoughts and feelings as well. The hypnotherapist assists the patient by inquiring about specific details.

Representative questions might be: Where are you? Who is there with you? Are you afraid? Can you tell you are dying? Do you feel alone? Is there any pain? What is it like to die? What are those persons around you feeling? What are they saying? How do they react to your death? Is there an obituary in the newspaper? What does it say? Who is with your spouse after your death? Who visits you at the funeral home? What do they say? Who attends the funeral? What do they say or do? Who sends flowers? Who comforts or assists your family? What happens over the year after your death? Does anyone visit your grave on the anniversary of your death? What do they do or say? What has been the effect of your death upon your family, friends, business, etc.?

These questions are posed in a sympathetic, understanding, and accepting fashion. Where necessary, direction is given to the patient so that the events described may be reframed in the most favorable fashion. If the patient's concept of death is integrated into his religious beliefs every effort is made to support his visualization of the death experience as long as it is not anxiety provoking. Reassurance is given to the patient that he will be kept comfortable at all times and will be attended by a group of loving and concerned family members or care providers according to his preference.

Should the patient visualize events that are totally inconsistent with reality, a gentle effort is made to direct his imagery to a more realistic circumstance. Where multiple interpretations of events are possible the patient is directed to the more favorable alternatives. If the spouse is visualized as being overwhelmed with grief or emotion it is suggested that it is helpful for a person to express these feelings rather than keep them locked within.

Alternatively, if a relative is visualized as showing little or no emotion, it can be pointed out that many people can experience deep feelings of love and affection without expressing them outwardly. In this fashion every effort is made to enable the patient to experience his own death in a setting of comfort and security while adhering to the realities of his particular circumstances. The death process is thus demystified and understood as a natural biologic event common to all mankind. . . .

Frequently, a death rehearsal will enable a patient to approach his own demise with equanimity, security, and control. The patient will often also express gratitude in having shared the death experience with the hypnotherapist and will take comfort in knowing that the hypnotherapist will be available for the actual experience as well should this be required.

In order to be of maximal assistance to the dying patient the hypnotherapist must become comfortable with his own mortality and the fact that he, too, will someday die. The act of "helping someone to die" must be clearly distinguished from the act of "causing someone to die." Death need not be perceived as a defeat for the therapeutic process but rather as a natural conclusion to a biologic chain of events.

HYPNOSIS WITH MEDICAL DISORDERS

INTRODUCTION

THERE ARE A TREMENDOUS number of conditions and specialties in medicine where hypnosis may be beneficial. Thus Chapter 3 has focused on hypnosis with pain, Chapter 4 concentrated on hypnotic preparation for surgery and hypnoanesthesia, Chapter 7 centered on uses of hypnosis with cancer patients, Chapter 9 examines obstetrical and gynecologic applications of hypnosis, sexual dysfunctions are the focus of Chapter 11, and Chapters 12 and 13 elaborate hypnotic approaches with obesity, eating disorders, smoking and addictions. Medical conditions in children (e.g., pain, enuresis) are discussed in Chapter 15.

This chapter contains suggestions for use with other medical conditions such as dermatologic conditions, burns, emergencies (e.g., accident victims, critically ill patients, wound injection), vascular control (e.g., hemophilia, GI bleeding), sleep disorders, urinary problems (urinary retention, "bashful bladder"), ophthalmologic problems (e.g., lagophthalmos, blepharospasm), and neurologic complaints (stroke, involuntary muscle jerking, Bell's Palsy). The contribution by Jencks provides imagery and brief suggestions that may be used with a great diversity of conditions, including pulmonary complaints, nose and throat problems, ophthalmologic complaints, dermatologic conditions, and procedures to increase energy and facilitate feelings of invigoration and alertness. There are also a variety of suggestions concerning miscellaneous medical conditions that are included in this chapter: autoimmune disease, general suggestions for healing imagery, hypochondriasis, allergies, the use of prolonged hypnosis for psychosomatic disorders, asthma (suggestions for this may also be found in Chapter 15, Hypnotic Suggestions With Children), tinnitus, and difficulty swallowing pills. Before presenting suggestions that may be used in working

with these various medical problems, a few introductory remarks will be made concerning some of these areas.

Hypertension, Gastrointestinal Disorders, Premenstrual Syndrome, and Psychosomatic Disorders

There are some conditions where hypnosis has proven particularly beneficial. While suggestions were not submitted in some of these areas, you should be aware of the potential benefits of hypnosis with these problems. One of these areas is hypertension. Hypertension has been benefited by deep muscle relaxation (e.g., Taylor, Farquhar, Nelson, & Agras, 1977), meditation (e.g., Benson, Rosner, Marzetta, & Klemchuk, 1974; Benson & Wallace, 1972) and hypnosis (Barabasz & McGeorge, 1978; Crasilneck & Hall, 1985; Deabler, Fidel, Dillenkoffer, & Elder, 1973; Friedman & Taub, 1977, 1978; Maslach, Marshall, & Zimbardo, 1972). Hypnotic procedures for control of hypertension include self-hypnotic training in relaxation and finger or hand warming. Consistent practice of self-hypnotic procedures several times each day is vitally important for success, and hypnosis may need to be combined with cognitive therapy, weight reduction, smoking cessation, and a regular exercise program for maintenance of change to occur.

Another particularly valuable area for the application of hypnosis is with gastrointestinal problems such as ulcers, irritable bowel syndrome, ulcerative colitis and Crohn's disease. Klein and Spiegel (1989) documented the ability of hypnosis to both stimulate and inhibit gastric acid secretion. When compared to no-hypnosis controls, for example, with hypnosis there was a 39% reduction in basal acid output and an 11% reduction in pentagastrin-stimulated peak acid output. Colgan, Faragher, and Whorwell (1988) studied the possible benefits of hypnotherapy in relapse prevention with duodenal ulcer patients. In a carefully controlled study, on one-year follow-up, 100% of control patients (who received medication until after ulcers were healed) had relapsed. But for patients who also received hypnotherapy, only 53% had relapsed.

A variety of studies have also impressively documented the value of hypnotherapy with irritable bowel syndrome (Byrne, 1973; Kroger & Fezler, 1976; Whorwell, Prior, & Faragher, 1984; Whorwell, Prior, & Colgan, 1987). Whorwell's group have now found long-term (mean 18 months) follow-up response rates on 50 patients with 95% success with classical cases, 43% with atypical cases, and 60% with cases exhibiting significant psychopathology. Patients over age 50 responded poorly (25% success), but patients below age 50 with classical irritable bowel syndrome were 100% successful. Gastrointestinal conditions appear to be stress-related illnesses (Fava & Pavan, 1976-77; Gerbert, 1980; Walker, 1983; Zisook & DePaul,

1977) and anecdotal evidence suggests the possible involvement of other emotional factors (e.g., repressed hostility and anger) (e.g., Walker, 1983) that may be responsive to hypnotherapy.

It should also be noted that premenstrual syndrome (PMS) patients may be benefited by self-hypnosis training (Hammond, 1988d). Hypnosis may assist these patients to reduce such primary symptoms as anxiety, overemotionality, and anger (Hammond, 1988e). PMS patients commonly feel "out of control," and experience diminished esteem and depression. Self-hypnotic techniques offer PMS patients a self-management skill that allows them to regain feelings of control, and it may be used to increase ego-strength and feelings of self-efficacy. Hypnosis may further assist such patients to cope with premenstrual cravings for sweets and salt, which seem to exacerbate the condition, and to cope with fatigue and insomnia.

A latter section of this chapter will introduce suggestions that may prove beneficial in promoting healing, and in treating other psychosomatic conditions and autoimmune diseases.

PHYSICAL MEDICINE, REHABILITATION AND NEUROLOGY. Crasilneck and Hall (1985) emphasized four prominent uses of hypnosis in neurology: (1) for differential diagnosis of functional versus organic problems; (2) to maximize functional ability even when full recovery is not possible; (3) for management of discomfort and pain; and (4) for enhancing motivation for rehabilitation (e.g., physical therapy) and recovery. They found that hypnosis may still be used with patients suffering from stroke and cerebrovascular accident, with the following modifications. The therapist should speak very slowly, use simple vocabulary, use increased repetition of suggestion, and persevere with the patient in spite of minimal response or negative countertransference. Hypnosis has been used with a variety of physical medicine, neurologic and musculoskeletal problems: phantom limb pain, spasticity (cerebral palsy, stroke, neurodegenerative conditions), movement disorders (e.g., tic, tremor, torticollis, blepharospasm, whiplash), seizures, hyperkinetic disorders, and problems with speech and swallowing.

Dermatologic Disorders

There are a variety of dermatologic disorders in which hypnosis may contribute to positive treatment outcome, including pruritus (excessive itching), acne, psoriasis, eczema, neurodermatitis, warts and herpes simplex.

Hypnotic interventions may include posthypnotic suggestions to reduce picking and scratching in acne, pruritus, eczema, and neurodermatitis. When suggestions are ineffective, exploration of unconscious dynamics may prove beneficial. This has particularly been found to be the case in patients with neurodermatitis. Hypnotic imagery of applying soothing and healing ointments or solutions (or in the case of Dr. Wright's contribution

to this chapter, a soothing bath with cornstarch) is commonly beneficial with irritating conditions. Practicing self-hypnosis to reduce stress may likewise benefit conditions that are exacerbated by anxiety (e.g., herpes, acne, eczema, psoriasis). Warts and herpes may be positively affected through production of ideosensory changes (e.g., warmth, coolness, tingling) both in the office and through practice several times daily in self-hypnosis. Studies (e.g., Scott, 1960; Sinclair-Gieben & Chalmers, 1959; Surman, Gottlieb, & Hackett, 1972; Surman, Gottlieb, Hackett, & Silverberg, 1973; Tasini & Hackett, 1977) have shown particularly impressive effects in applying hypnosis to the treatment of warts. The successful impact of words and imagination on warts is of particular import considering the increasingly widespread routine use of powerful chemotherapy agents to treat warts.

Sleep Disorders

A small proportion of sleep disturbance is associated with sleep apnea or medical problems and will not be amenable to treatment by psychological techniques. The largest proportion of sleep disorders are associated with psychiatric disorders, or alcohol or drug dependence that will require broad-spectrum interventions with these disorders along with symptomatic disturbance. It is thus vitally important to carefully evaluate sleep disorders to assess the etiologic contributors. Depression, medical conditions (e.g., apnea, myoclonus), substance abuse, and overuse of caffeine or nicotine should all be ruled out prior to considering intervention with hypnotherapy.

There are, however, a proportion of insomnia patients whose sleep is disturbed by (1) cognitive overactivity and conditioned habit patterns incompatible with sleep (e.g., presleep patterns of worrying, rumination, compulsive analysis of the day's activities or planning for future events, reading, watching TV), (2) central nervous system excitation (anxiety, tension), and (3) underlying (unconscious) conflicts or fears that disrupt sleep. These patients may receive substantial benefit from hypnotherapeutic intervention.

Basic hypnotherapy strategies may involve: (1) self-hypnosis training to facilitate deep muscle relaxation; (2) use of additional self-hypnotic techniques to control cognitive overactivity (e.g., self-hypnosis tapes with monotonous activities such as hearing repetitive suggestions, listening to a metronome, walking down a long staircase, engaging in boring activities after becoming deeply relaxed); and, when the first two strategies are not successful within four or five interviews, (3) unconscious exploration of underlying functions or conflicts associated with the sleep disturbance.

Because use of the behavioral technique of stimulus control (Bootkin, 1977) has proven even more effective than relaxation procedures in treating insomnia, it is also recommended that this technique be routinely used in conjunction with hypnosis. Stimulus control instructions request that the

patient: (a) Only sleep or make love in bed. Other activities, such as watching TV, reading, reviewing the day, planning activities of the next day, or eating must not occur in bed. If the patient begins to engage in these activities, he must decide if he wants to continue them, and if so, get up and go into the other room to engage in them. (b) If the patient is awake 20 minutes after retiring, she must get up and engage in a constructive activity. (c) The patient should only go to bed when he feels tired, never take naps during the daytime, and should set the alarm to awaken at the same time every morning.

Garver's contribution to this chapter emphasizes the recall of positive memories about sleeping, which may both relax and distract patients from other mental activities. Gruenewald's and Stanton's suggestions emphasize the use of imagery to promote relaxation and occupy mental attention. The Spiegels' approach encourages the patient to relax through experiencing floating feelings and then to distance themselves from thoughts by putting them on an imaginary screen. Zelling's contribution is unrelated to insomnia but offers an interesting approach for coping with snoring.

Burns and Emergencies

Crasilneck and Hall (1985) outlined five problem variables that may be addressed in hypnotherapy with burn patients: (1) the constant pain, (2) loss of appetite, (3) the necessity for repeated painful procedures, such as debridement, (4) contractures that result from lack of exercise due to pain, and (5) negativism and severe psychological regression that may slow rehabilitation. Their suggestions, along with those of several other experts in this area are presented later in the chapter.

There is widespread belief that trauma is trance-inducing, whether it stems from a serious automobile accident, burn, or myocardial infarction. Several suggestions have been reproduced in this chapter that may be offered to critically ill or emergency patients, acting on the assumption that they are already in a trance-like state and will not require a formal hypnotic induction.

Vascular Control Through Hypnosis

A variety of studies have documented that vascular flow and bleeding may be influenced and controlled through the use of hypnosis (e.g., LeBaron & Zeltzer, 1985; LaBaw, 1970, 1975; Bishay & Lee, 1984). This may be valuable in working with hemophilia patients, surgical and dermatologic procedures (e.g., dermabrasion), and in dental work. Several illustrative suggestions for this have also been included in this chapter.

HYPNOSIS WITH DERMATOLOGIC DISORDERS

Treatment of Pruritus

Michael J. Scott, M.D.
Seattle, Washington

In general, I use permissive suggestions and almost invariably gradually decrease the symptom over the course of several visits rather than at one session. I respect the patient's need for a symptom, such as functional pruritus. Only very rarely, when I am thoroughly convinced that a symptom is purely psychic in origin and the individual has no further need for it, do I employ dogmatic or authoritative suggestions such as, "Once this session is terminated you will no longer have any sensation of itching or any desire to scratch."

In dermatologic conditions, pruritus is the most frequently encountered complaint, so I will confine my reference to this particular symptom. The patient's scratching, in order to relieve the itchy symptom, is what invariably produces the undesirable side effects of excoriations, infections, etc. If we can eliminate or decrease the patient's desire to scratch, we can then shorten the course of many cutaneous disorders and frequently allow the natural healing processes to occur more readily. With this in mind, I often allow the patient to retain the symptom of itching, but decrease his desire or need to scratch through the use of several available methods. I may use hypnosis to gradually decrease the duration, intensity, or frequency of the pruritic attacks or his desire to scratch. I may offer symptom substitution, for example, suggest the sensation of pressure or dull, tolerable pain for the pruritus. I may hypnotically suggest other activities instead of scratching (such as physical exercises, verbal aggressiveness, painting, etc.).

With the above brief and incomplete background in mind, you can realize how my actual suggestions may vary considerably depending upon the patient, the situation, resistances, etc. However, some typical suggestions would be as follows:

Regardless of any itching sensations you feel, you will note that they no longer bother you in any way. You may still feel itchiness but you will no longer have any desire or need to scratch.

If a history reveals that a patient has his itchy spells when he arrives home from work at 5:30 p.m. and that they last until bedtime at 11:00 p.m., I may employ any of the following:

Until the next session you will note that the sensation of itchiness will last only from 5:30 p.m. to 8:00 p.m., and you will be completely free of symptoms for the last three hours of every evening.

At each subsequent session the times can be altered accordingly. You could use a different approach and alter the intensity of the pruritus, suggesting that it will become "progressively less severe every day" without changing the duration each night. You could similarly change the frequency by having it occur every other day instead of daily. With such techniques a previously intolerable pruritus may be decreased in intensity and frequency to a tolerable and comfortable level without depriving the patient of the symptoms entirely.

Instead of direct suggestion, one may recommend symptom substitution as follows:

Immediately upon coming home and changing clothes, you will go to the recreation room and devote three-quarters of an hour to the strenuous use of a punching bag. You will resume this activity for an additional half-hour later in the evening. You will then note that the sensation of itchiness will completely disappear and will no longer bother you.

In cases of generalized neurodermatitis, one may suggest:

Instead of scratching all over your body, you will now discover that by limiting your scratching to only your thighs, you will obtain the same relief and satisfaction you formerly derived from scratching all over your body.

In this way, with each visit we may gradually diminish the area involved and aid considerably in obtaining a cure. Merely changing the location of a visible, unsightly, functional dermatosis to a covered, invisible area of the body is often desirable and beneficial.

Erickson's Reframing Suggestion with Pruritus

Milton H. Erickson

"You're troubled by this itch. Naturally I don't know exactly what it is. I'm certain that you want *your itch for accomplishment to be kept. Your itch to do things can be kept. In fact, there are a number of itches that you want to keep. Any itch that you want to keep—be sure to keep it! Also let's be sure that you get rid of any itch you are willing to lose but no more than you are willing to lose.*"

Suggestions for Itching

Beata Jencks, Ph.D.
Murray, Utah

Itching may be controlled by imagining breathing through the afflicted skin area with the thoughts of "cool" or "still" during inhalations and "calm" or "relaxed" during exhalations. This has worked for heat rashes and certain allergic conditions. It may take considerable concentration to control bad allergic reactions in this manner. An additional aid is to involve the imagination generally for counteracting a skin condition, as for instance by thinking, "I am [exhalation] resting in a [inhalation] cool and refreshing, yet [exhalation] relaxing and comforting, [inhalation] relieving bath." Also thoughts of floating in the ocean, or even diving into cool water in a diving bell, were useful images evoked by trainees for reducing itching of skin areas.

Hypnotic Technique for Treating Warts

Harold B. Crasilneck, Ph.D., and James A. Hall, M.D.
Dallas, Texas

INTRODUCTION

Following hypnotic induction and deepening, Crasilneck and Hall (1985) lightly touch the area around a wart with a pencil while instructing the patient that he/she will feel a coolness or coldness in the area. It is suggested that this sensation will persist for approximately a day as the warts begin to diminish. These suggestions are reinforced in each subsequent session. The following suggestions model the authors' technique. Note the extensive use of hypnotic phenomena for purposes of trance ratification. (*Ed.*)

LEVITATION INDUCTION

Please cup your right hand on your right knee. . . . That's it. . . . Now look at the knuckles of your hand and as you are doing so, your entire body will begin to relax thoroughly. . . . Pay no attention to other sounds . . . just concentrate on your right hand and my voice, realizing that nothing is beyond the power of the mind . . . and of the body. As I continue talking to you and as you continue staring at the back of your cupped hand, you will begin to notice things like the heat in the palm of your hand . . . and perhaps movement in one of the fingers. . . . As this occurs, slightly nod your head . . . yes . . . very good . . . and now you will notice that your hand is becoming very, very light . . . like a feather coming up toward your forehead. . . . Good. . . . Your hand starts to move upward . . . and as your hand continues to rise, keep looking at the back of your hand . . . but notice your eyelids are getting very heavy, very drowsy, and very relaxed. . . . Now when your hand touches your forehead . . . your eyes will be closed . . . you will be tremendously relaxed

and capable of entering a deep level of trance. Your hand and arm comes up, up, up towards your forehead. . . . Now, your hand touches your forehead. . . . Your eyes are closed. . . . You can let your hand rest comfortably in your lap and normal sensation is returning to your right hand and arm. . . .

TRANCE RATIFICATION PROCEDURES

EYELID CATALEPSY. Notice that your eyelids feel heavy . . . so heavy that even though you try to open your eyes for the moment . . . you can't. . . . Go ahead and try . . . but you cannot. . . . Try again . . . but the eyelids are shut tight. . . . Normal sensations return to the eyelids. . . . Now you will enter a much more sound and relaxed state. . . .

LIMB RIGIDITY. Now I want you to raise your right arm. . . . That's it. . . . Extend it in front of you, and as I count to three, your arm will become rigid . . . hard . . . like a board soaked in water . . . like steel . . . so tight . . . so rigid . . . those muscles become steel. . . . One . . . tight . . . two . . . very rigid, and three, the whole arm, each finger . . . yes . . . become steel. . . . There . . . nothing can bend that arm or the fingers . . . showing you the power of your mind and body. . . . Now relax the arm and hand. . . . Normal sensation returns and still a much deeper and sounder state of relaxation.

GLOVE ANESTHESIA. I now give you the hypnotic suggestion that your right hand will develop the feeling that a heavy thick glove is on your right hand . . . as your hand has developed this sensation, move the forefinger of the right hand. . . . Good. . . . Now you will note some pressure in the forefinger . . . a dull sensation of pressure. . . . Open your eyes. . . . Now you see that in reality I'm sticking your finger severely with my nail file . . . but you are feeling nothing . . . correct? . . . Fine. . . . Normal sensation is returning to your hand. . . . I am now going to stimulate the middle finger. . . . As you feel this . . . nod your head, yes. . . . You see you pulled your hand back, which is an immediate and normal response. You are now aware of the tremendous control that your unconscious mind has over your body. . . . Now close your eyes again. . . . I now suggest that you can smell a pleasant odor of your choosing. . . . As you smell this, nod your head yes. . . . Good. . . . And now a very, very deep level of trance. . . . The pleasant odor leaves and still a more relaxed and deeper state of trance. . . .

IDEOSENSORY SUGGESTIONS FOR WART REMOVAL

Nothing is beyond the power of the unconscious mind and these warts are going to leave completely and your skin will be void of them. . . . The area that I touch with this pencil . . . this area of warts now begins to feel very cool . . . cool . . . slightly cold. . . . As you feel this, nod your head. . . . Good. . . . Think the thought as I continue talking. . . . The area is cool. . . . The warts are going to leave. . . . The area is cool, and the warts will leave my body because of the power of my mind over my body. . . . Now just relax your thoughts . . . just pleasant, relaxed, serene thoughts. . . . Listen to me . . . my every word . . . *These warts are going to leave. . . . We have demonstrated the control of your mind over your body, and these warts will be gone very shortly.* . . . Your skin will feel slightly cool around the area of the warts for a day or so, and as the coolness fades, the warts will also begin to fade. And so, as I slowly count from ten to one, you will be fully awake . . . free from tension, tightness, stress and strain. These warts are going to fade out.

Suggestions for Warts (Modeled after Hartland)

Don E. Gibbons, Ph.D.

Now I am going to stroke your hand, and as I do, you will gradually begin to be aware of

feelings of warmth flowing from my hand into yours and flowing all through your hand, as these feelings of warmth continue to grow stronger and stronger with each passing moment. As I stroke your hand now, you will soon begin to notice these feelings of warmth flowing into your hand from mine, and as soon as you do, you can signal me by nodding your head. [After the subject has nodded his assent:] That's fine. Now, as the warmth continues to grow stronger, you are going to feel it becoming concentrated in the warts themselves. And soon the warts will begin to feel warmer than the rest of your hand. As I stroke the warts now, you can feel the warmth flowing into them from the rest of your hand. And as soon as you can feel the warmth in the warts themselves, you can signal me by nodding your head once more.

[After the subject has nodded his head once more:] Very good. Now, as you continue to feel the warmth flowing out of my hand and concentrating itself in the warts while I continue to stroke them, the warts are going to start to heal. And this healing process is going to continue until the warts are gone completely. Over the coming days, your warts are going to become flatter and smaller, and soon they are going to disappear completely. Before very long, they will be completely gone. Within a very short time, your warts will be gone completely.

Suggestions for Vaginal Warts

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INTRODUCTION

This script was written for a 26-year-old woman with recurring vaginal warts. She loved the ocean and was into holistic health. Imagery was used for extensive induction and deepening prior to giving the following suggestions. The last imagery scene was of a lush garden with a mountain stream flowing down through it.

SUGGESTIONS

You know that part of becoming healthier and happier is to allow yourself to enjoy only foods that are good for you. In this garden, if you become hungry there are all types of fruit trees growing here and vines, especially raspberries, strawberries, mangoes, pineapples, and oranges. The water is pure and cool; there are ponds which are spring fed. The water in one of the ponds is only for drinking and it has very special properties that allows your anti-viral and immune system to work at it best, to maintain and support your healing process so that you can remain free from illness and the vaginal warts. It is important that you drink 8–10 glasses of water per day to help your body remain free from the warts.

If any warts ever appear, your body will automatically search and find them, and will activate your anti-viral mechanism in your brain, along with decreasing the blood supply to any wart, anywhere on your body. Lastly you will permit yourself to feel the warmth of the sun and its heat in any area where the warts may appear and the warmth of the sun will dry them out immediately.

There are also other types of special ponds in this garden. You can go to any of these special ponds daily as part of your ongoing pursuit of health. They are ponds of positive emotions and strength—such as ponds of patience, humor, perseverance, calmness, kindness, endurance, high energy, wisdom and others. These ponds are warm, soothing and moss-lined, about the size of a bath tub, and you may take a dip in any of them when you need to replenish your supply of energy or positive emotions.

Another very special pond is the golden glitter pond. This pond is there for whenever you need to deal with warts or other bodily ailments, whether the causes are physical or emotional. You may take out this special clay and put it on whatever part of your body needs healing. The pond is warm, but not hot, and its healing energy penetrates through your skin and flesh to heal and rejuvenate your entire body with a soothing pleasant tingle.

There are no other people in the garden unless you want them there. No one can bother you here. You have no cares or worries. You feel safe, secure, calm, peaceful and relaxed. There is a sense of peace with the environment around you. This spot is peaceful and serene. You feel calm, peaceful, confident. This spot is a safe, secure spot. No one can bother you here. You are peaceful, calm, relaxed. You go deeper and deeper, deeper and deeper, and as I talk to you, you continue to go into an even deeper state of relaxation. Everything but my voice is becoming remote now, quite remote; nothing else but my voice seems important, nothing else is important, nothing else but my voice. [Further deepening suggestions are now offered.]

You can come anytime to this special garden and you can enjoy the fruit, the water, the various ponds to replenish your strength and positive energy, along with the very special golden glitter pond. This pond is there for whenever you need to heal bodily ailments. If there are any underlying imbalances that any ailments are symptomatic of, you will allow yourself to become aware of the reason for that ailment.

Suggestions with Condyloma Acuminatum (Genital Warts)

Dabney M. Ewin, M.D.
New Orleans, Louisiana

Your body has the capacity to overcome the wart virus and heal this infection. Focus your attention on the involved area and soon you will notice a sensation of warmth in the surrounding skin as the blood vessels dilate to bring in more antibodies and white blood cells to fight the infection, and more protein and oxygen to help build the new and normal tissue when the wart has gone away. When you feel the increased warmth, your left index finger will rise . . . [finger rises] . . . good. . . . Now your inner mind will lock in on this and maintain this warmth until the warts are healed and your skin becomes normal in every way. You can forget about the warts and turn your conscious thoughts to other things, because your natural healing processes will cure the warts without your having any further concern about them.

Suggestions for Immunodeficient Children with Warts

M. F. Tasini and
Thomas P. Hackett, M.D.

"Let yourself feel relaxed and tired all over. Imagine doing something you like to do. Think of doing it now and how much fun it is. Take a few deep breaths—in and out—and imagine that as you let your breath out you get more and more relaxed. Feel your hand, the hand you write with, begin to tingle. Now it will start to get real light—like a feather. Imagine your hand is so light it will begin to rise up. Let it go. As it rises you will begin to feel very relaxed and good. Let it stay up for a while and then let it come down. As it comes down you continue to feel very relaxed and good." While in the trance state, the patients were told the following, "the warts will feel dry, they will then turn brown and fall off. They will not trouble you anymore." [Patients were seen for an average of three sessions.]

Evoking Helpful Past Experiences and Medical Treatments: Example with Skin Rash

M. Erik Wright, M.D., Ph.D.

INTRODUCTION

[The following example is that of a client who was beset with a recurring, highly irritat-

ing skin rash:] When you had this skin rash three years ago, you used to get great relief from soaking in a lukewarm bath in which you had dispersed half a box of cornstarch. Of course, when you are able to get into the bath water, you can truly enjoy the good feeling on your skin. However, there are many times, such as at work, when you cannot get into a bath to reduce the distress of the rash. When you find that your tolerance for the distress is becoming shaky, close your office door and give yourself an intense irritation-relief treatment.

RAPID INDUCTION AND SUGGESTIONS. [The therapist draws upon the client's ability to enter trance:] Close your eyes and give yourself the cue to relax and become quite drowsy. . . . Feel your body becoming lighter with each breath that you take . . . until you get the feeling of your body floating in your bathtub . . . and the water is at just the right temperature and you can see and feel the cornstarch dispersed throughout the water. . . . When you have reached that point . . . signal with your right index finger. . . . Very good. . . .

Feel the smooth, cool particles touch and coat your skin at every point where there is any irritation . . . and as the skin is coated by these particles, feel the coolness and the relief as the particles draw out the tenderness and irritation from each of the rash bumps. As the discomfort leaves, the skin energy is left to continue the healing. . . . Feel the active healing as the new cells on the surface of the skin replace the injured, irritated cells. . . . See, below the surface of the skin, how the blood is actively nourishing the healthy tissue growing on the skin . . . and the skin irritation subsides and becomes readily tolerable. . . .

[The therapist then offers a posthypnotic healing suggestion:] Let this cooling and healing continue even after you open your eyes, for as long as possible. . . . Each time that you repeat the exercise, the postexercise effect of cooling and healing regrowth will continue a bit longer. Soon you will not need the exercise at all, because the healing will have been completed. Give yourself the signal for arousal, feeling refreshed and comfortable.

Suggestions with Pruritus

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IMAGERY OF SOFT COTTON. You are enveloped in a layer of cotton which acts as a protective coating. This wonderful feeling will remain for several hours (or all day): your skin will feel fine until your next visit.

NEGATIVE SENSORY HALLUCINATION. [The hypnotized patient is asked to imagine how the skin looks and feels in an area without lesions.] Look at your right wrist; you can begin to speculate on whether or not that area will look like your left wrist, which does not have any involvement. Now, keep looking at the left wrist; notice the texture of the skin—it also feels perfectly normal, does it not? [The patient nods his head in agreement.] Every time you look at this wrist you will observe that this area on your right wrist is becoming as normal-looking as your left wrist. You may also close your eyes, and in your "mind's eye" see or imagine that the lesions have disappeared—the skin is normal in appearance. However, you may keep just as much of the itching on the involved area of the wrist as you wish to retain. You do not have to get rid of this itching all at once, but rather, allow it to disappear slowly. [The patient is given another posthypnotic suggestion such as:] You might raise the question whether you wish this lesion [on the wrist] or that lesion [one near the elbow] to disappear first. Also, you might begin to consider the possibility of just when this will occur. Will it be tomorrow, a week from tomorrow, or several weeks from now? At any rate, the more you keep thinking about this under autohypnosis, the more likely the rash will go away.

Reducing Dermatologic Irritation

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INDICATIONS

These suggestions are intended for use following induction and deepening with conditions like pruritus, eczema, neurodermatitis, and herpes simplex lesions. In the case of herpes lesions, the suggestions should be for the solution to produce a drying effect, to comfortably dry up the lesions.

SUGGESTIONS

And as you remain deeply relaxed, I want you to imagine that a cooling, healing salve or ointment is being gently spread over the affected areas of your skin. It is an ointment that produces comfort . . . that promotes healing . . . that turns off the sensations in the affected skin areas, allowing more rapid healing to take place. And as this comforting, healing solution gently spreads over all the affected areas, you'll notice the underlying texture of the skin changing, softening, becoming more and more normal. Your skin changes to a comfortable, relaxed, normal color and consistency. Continue letting that soothing, healing ointment sink in, and allowing more to be spread on until there is a sense of complete comfort, and relief. And when your unconscious mind knows that this has influenced your skin sufficiently so that you will be able to maintain several hours of comfort, it will cause the index finger on your right hand to develop a lightness, and float up all by itself, as a signal to you. [Pause until the signal is given.] And within another minute or two you will become consciously aware of the comfort, and then you may awaken, realizing that you can apply this salve again in self-hypnosis, whenever you need to.

HYPNOSIS WITH BURNS AND EMERGENCIES

Suggestions with Burn Patients

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SUGGESTIONS

I am going to ask you to stare at this coin that I'm holding and as you do so, pay no attention to any other sounds or noises. You are aware that you are breathing more rapidly and also that as you stare intensively at this coin, your eyelids are beginning to blink and to feel heavy. As you feel them getting heavy and drowsy, just let them close . . . that's it . . . they are fluttering . . . closing and closed . . . closing and closed . . . and as I continue talking, you will enter a very deep level of hypnosis . . . for in so doing you are going to get well . . . a very deep and sound level. . . . As you are aware of this . . . nod your head. . . . Good . . . a deeper and a sounder state. . . . Now the finger that I touch will lose all feeling. . . . Now as that finger feels and is numb . . . nod your head, yes. . . . Good . . . Now open your eyes. . . . You will note that I am stimulating that finger very hard with the point of my nail file, but you have absolutely no sensation of pain. Pressure, but no pain. Now normal sensations return to your finger. As you feel the file just barely stimulating your finger, pull it away. . . . Good . . . relax . . . now you can realize the power of the mind over the body and if you can block pain . . . real pain . . . then, you can allow your body to respond to other suggestions equally well. You are now in a very deep state of relaxation. . . . You are going to hear some soft music that is pleasurable to you . . . and as this

occurs, nod your head, yes. . . . Good . . . and now a very deep and relaxed state of mind and body. Because of the power of your mind over your body . . . you are going to be able to definitely increase your food intake. This food intake is going to help you to get well . . . it is an integral part of your rehabilitation, and you will eat all the food prescribed by your doctor. The food will taste good. . . . You will enjoy your food . . . realizing that with every mouthful you digest you are improving your physical and mental state. . . . Food intake is going to help you get well. . . . You will be hungry much of the time and you will eat not only the regular meals, but also the supplemental food ordered for you. *You will be hungry and your appetite will definitely increase . . . you will have a craving for each meal* because in your case food intake is an absolute necessity to health and you will eat every meal with enjoyment . . . knowing this food is making you get well very rapidly. As I slowly count from ten to one backwards, you will fully awaken . . . relaxed, at ease, and hungry.

Emergency Hypnosis for the Burned Patient

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INTRODUCTION

The acutely burned patient arrives in the emergency room in a state of frightened anxiety, seeking prompt relief of the burning pain, and in a hypnoidal state that makes him highly susceptible to both good and bad suggestions. The body's response to the thermal injury is inflammation, causing progressive pathologic worsening (Hinshaw, 1963) of the injury. In sun burn, the first degree burn (redness) present on leaving the sun progresses to second degree (blister) in the ensuing 8-12 hours. The "standard" third degree (full-thickness) burn was shown by Brauer and Spira (1966) to be only second degree for the first four hours. . . . The deeper dermal layers are not immediately killed by the heat, but rather later by the body's inflammatory response.

Chapman, Goodell, and Wolff (1959a,b) showed that inflammation is mediated through the central nervous system by release of a bradykinin-like substance which is released during the first two hours after the burn stimulus, but that the release of this enzyme is held in abeyance by icing the wound. They also showed that hypnotic suggestion can produce a blister (response without a true stimulus), and can prevent blistering when an experimental burn is placed on a hypnotically anesthetized arm (true stimulus without a response). Thus, the damaging inflammatory reaction can be blocked by *early* hypnosis, attenuating the ultimate depth and severity of the burn (Ewin, 1978, 1979).

During the first two days after a severe burn, inflammation causes large amounts of fluid to exude into the burned tissues from the bloodstream, requiring intravenous replacement to prevent shock and kidney shut-down. Since much of this fluid is later reabsorbed and can overload the cardiovascular system, standard fluid formulas aim at giving the least amount of fluid that will maintain both blood pressure and minimal urine output of 25 cc to 50 cc per hour (600–1,200 cc per 24 hrs.). Margolis, Domangue, Ehleben, and Schrier (1983) have shown that, in every case hypnotized before ten hours, the urine output on the second day was significantly elevated, averaging 3501 cc as opposed to 1,666 cc in matched controls. With the inflammatory edema limited, the calculated fluid was too much, and the extra had to be cleared through the urine.

When a newly burned patient arrives in the emergency room, his mind is concentrated and hypnosis is usually easy to induce. Since he may be a stranger to the physician, the first communication is an introduction and suggestion.

VERBALIZATION

Doctor: I'm Dr. _____ and I'll be taking care of you (pause). Do you know how to treat

this kind of burn? [This question is to bring to his immediate attention that he doesn't, and that he must put his faith in the medical team. Precise wording is important because if you ask, "Do you know anything about treating burns?" he may know *something* and tell you about butter, Solarcaine, or kiss-it-and-make-it-well, which is a complete avoidance of recognizing the dependence.]

Patient: No. [The standard reply. In the rare instance of a physician or nurse who actually does know about burns, you simply use that knowledge to say, "Then you already know that you need to turn your care over to us, and that we will do our best."]

Doctor: That's all right, because we know how to take care of this and you've already done the most important thing, which was to get to the hospital quickly. You are safe now, and if you will do what I say, you can have a comfortable rest in the hospital while your body is healing. Will you do what I say? [This exchange lets the patient know that he is on the team and has already done his biggest job, so he can safely lay aside his fight or flight response (he's already fled to the hospital) which mobilizes hormones that interfere with normal immunity and metabolism. It includes a prehypnotic suggestion that he is safe and can be comfortable if he makes a commitment. His affirmative answer has made a hypnotic contract that is as good as any trance.]

Patient: Yes, or, I'll try. [Frightened patients tend to constantly analyze each sensation and new symptom to report to the doctor. By turning his care over to *us* (the whole team), he is freed of this responsibility and worry. Next, his attention is diverted to something he hadn't thought of before.]

Doctor: The first thing I want you to do is to turn the care of this burn over to *us*, so you don't have to worry about it at all. The second thing is for you to realize that *what you think* will make a great deal of difference in your healing. Have you ever seen a person blush, or blanch white with fear?" [Even dark-skinned patients are aware of this phenomenon in light-skinned people.]

Patient: Yes.

Doctor: Well, you know that nothing has happened except a thought, an idea, and all of the little blood vessels in the face have opened up and turned red, or clamped down and blanched. *What you think* is going to affect the blood supply to your skin, and this affects healing, and you can start right now. You should have happy, relaxing, enjoyable thoughts to free up all of your healing energy. Brer Rabbit said "everybody's got a laughing place," and when I tell you to go to your laughing place, I mean for you to imagine that you are in a safe, peaceful place, enjoying yourself, totally free of responsibility, just goofing off. What would you do for a laughing place?" [The patient needs something he perceives as useful to occupy his time. The laughing place may be the beach, TV, fishing, golfing, needlepoint, playing dolls, etc. It becomes the key word for subsequent rapid inductions for dressing changes, etc., to simply "go to your laughing place."

Patient: Go to the beach . . . or . . .

Doctor: Let's get you relaxed and go to your laughing place right now, while we take care of the burn. Get comfortable and roll your eyeballs up as though you are looking at the top of your forehead and take a deep, deep, deep breath and as you take it in, gradually close your eyelids and as you let the breath out, let your eyes relax and let every nerve and fiber in your body go [slow and cadenced] loose and limp and lazy-like, your limbs like lumps of lead. Then just let your mind go off to your laughing place and . . . [visual imagery of laughing place]. [This short bit of conversation does not ordinarily delay the usual emergent hospital care. Most often, when the patient arrives in the emergency room an analgesic is given, blood is drawn, I.V. drips are started, and cold water applications are applied by the time the doctor arrives. If not, these can proceed even while the conversation takes place. A towel dipped in ice water produces immediate

relief of the burning pain that occurs right after a fresh burn. Since frost bite is as bad an injury as a burn, the patient should not be packed in ice, but ice water towels are very helpful. In fact, Chapman et al. (1959a,b) showed that applying ice water to a burn holds the inflammatory response in check for several hours, so there is ample time to call for the assistance of a qualified hypnotist if the primary physician is not skilled in the technique of hypnosis.]

Doctor: Now while you are off at your laughing place, I want you to also notice that all of the injured areas are cool and comfortable. Notice how cool and comfortable they actually are, and when you can really feel this, you'll let me know because this finger (touch an index finger) will slowly rise to signal that *all* of the injured areas are cool and comfortable."

Doctor: [After obtaining ideomotor signal:] Now let your inner mind lock in on that sensation of being cool and comfortable and you can keep it that way during your entire stay in the hospital. You can enjoy going to your laughing place as often as you like, and you'll be able to ignore all of the bothersome things we may have to do and anything negative that is said. . . . Go to your laughing place.

In burns under 20%, the single initial trance generally suffices, while in larger burns, repeated suggestion helps control pain, anorexia, and uncooperativeness.

Since a thought can produce a burn (vide supra), continued feelings of guilt or anger can prevent healing and should be dealt with during emotional countershock a day or two after admission. If the patient is guilty, I stress the fact that it was unintentional and that he has been severely punished and has learned a lesson he will never forget or repeat. If he is angry, I point out that the goal is healing, and it does not interfere with his legal rights to get the best healing possible or to forgive the other person of evil intent. There is no place for anger at his laughing place, and he is instructed to postpone that feeling until healing has occurred.

It helps for the doctor to know what the laughing place is and to record it, because he may enhance it later with some visual imagery. This simple, rapid induction usually produces a profound trance almost immediately. By this time, the patient has iced towels on and the analgesic is taking effect so that he actually *is* cool and comfortable. It is much easier hypnotically to continue a sensation that is already present than it is to imagine its opposite. The suggestion "cool and comfortable" is anti-inflammatory, and if he accepts it he cannot be hot and painful. From now on, the word *injured* is substituted whenever possible for the word *burn*, because patients use the word "burning" to describe their pain. (Do not specify a particular area, hands, neck, etc., because, while these areas will do well, some spot you forgot may do poorly.)

I just leave the patient in trance and go ahead with his initial care, get him moved to the Burn Unit, and often he will drop off to sleep. On subsequent days, "Go to your laughing place," is all the signal the patient usually needs to drop off into a hypnoidal state and tolerate bedside procedures, physical therapy, etc.

Hypnosis in Painful Burns

R. John Wakeman, Ph.D., and
Jerold Z. Kaplan, M.D.

INTRODUCTION

BURNS WITH CHILDREN. A burn injury is a devastatingly traumatic experience for anyone, regardless of age. The younger child often has greater difficulty in adjusting to routine (painful) procedures. He/she may have problems understanding why he/she must be submitted to torturous procedures and cannot easily project into the future with knowledge that it will all end soon. For these reasons, hypnosis utilization became a highly demanded and reinforcing alternative for the children, their par-

ents, and the staff of our unit. Hypnotic training with younger children included such procedures as the "television screen" induction, dissociation to a "favorite place," and posthypnotic suggestions for "letting the body take a nap" when feeling discomfort.

SUGGESTIONS

[Ego-strengthening suggestions for improved self-esteem, body-image acceptance, hope, and coping skills for transition back into their families, homes, and communities were found to be quite effective in making the patient recovery period more positive. After the patient had achieved his or her deepest level of hypnosis, suggestions were included such as:] . . . and as the days go by . . . you will find that your attention . . . is less and less focused on your liabilities . . . your disabilities . . . or your changes of appearance . . . and more and more focused . . . on your assets . . . your strengths . . . and your inner resources . . . such as appreciation and pride in . . . your self-control . . . cooperation . . . intelligence . . . and inner fortitude . . . never allowing you to quit . . . or give up . . . and becoming more . . . and more . . . fully aware in attitudes . . . beliefs . . . and feelings . . . that despite your body's differentness from the way it was . . . you know that differentness is never a measure of worth . . . and although you may now be somewhat different . . . you are still . . . and will always be as worthwhile . . . as a human being . . . and driven to find new strengths . . . new abilities . . . and interests . . . in your life to come . . . accepting yourself more and more . . . as really the same person . . . that you were before . . . just stronger . . . with some differences . . . which do not detract from your worth . . . as a person . . . more and more able to understand other's failures in accepting "differentness" . . . more and more supportive of your family . . . in every way . . . finding it quite interesting that you seem to be less and less concerned . . . about how you have changed . . . about how you will live . . . and more and more focused on what new . . . and exciting experiences lie ahead . . . more and more hope and positive anticipation . . . about your return home . . . your seeing friends . . . and your renewed energy to get as much out of life as possible in the years to come . . . and so on. . . .

SUGGESTIONS PRIOR TO DEBRIDEMENT

[An example of a typical dissociation discourse after deepening has been achieved just prior to debridement is as follows:] . . . and as you continue to go deeper . . . and deeper . . . into that comfortable . . . relaxed state . . . as each moment goes by . . . you may be surprised at how easy it is for you to experience . . . the calmness, . . . comfort, . . . and pleasant relaxation . . . felt at your . . . special place [individual's scene—e.g., "boat races in San Diego"] . . . enjoying the surroundings . . . and going even deeper . . . letting your body relax . . . more and more completely . . . feeling the warm breeze . . . the gentle rocking of your boat . . . back and forth . . . back and forth . . . with each breath . . . you see all of the beautiful colors of each racing boat . . . counting the boats as they speed by . . . and going deeper . . . now feeling perfectly at ease . . . nothing to distract you . . . nothing to interrupt your pleasant experience . . . and knowing at all times . . . that all you have to do to return to this place . . . is raise your hand and arm . . . and as they grow heavy . . . you become deeply relaxed . . . deeply relaxed . . . completely comfortable . . . and can remain comfortable for a long time . . . even after leaving the beautiful scene . . . deeply comfortable . . . when exercising . . . when eating . . . when moving . . . you will find that sleeping is no longer a problem . . . you will be surprised at how much stronger you grow . . . each day . . . little by little . . . stronger and more relaxed . . . completely comfortable . . . even when you are no longer with me . . . even when you are not at this beautiful place . . . feeling better and better . . . without flaws . . . without apprehensions . . . only relaxation . . .

calmness . . . comfort . . . and self-confidence . . . and so on. . . .

Ideomotor Healing of Burn Injuries

Ernest L. Rossi, Ph.D., and
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If a patient is seen hours or days after experiencing a burn, proceed as follows, explaining the process as a means of eliminating inflammation and allowing healing to occur rapidly.

1. *Accessing inner healing resources*
   "Remember a time when you walked into cold water. It felt cold for a while until a time when you got used to it. That represents a degree of numbness. When you are feeling cold at an unconscious . . . level, your brain will shut down the messages that cause inflammation and interfere with healing.

   "Imagine standing in cold water up to your knees. When you are feeling that unconsciously, your yes finger will lift. When you are half as sensitive as normal, your no finger will lift.

   "Now, walk in further until the cold water is up to your hips. Your yes finger will lift when you are cold from your hips to your knees, and your no finger will lift when you are numb from your hips to your toes. Your right hand wrist will be below the water level and will also feel numb." [This will happen without explanation, even though the patient is lying in bed.]
2. *Self-testing of hypnotic analgesia*
   "Now you know how to make parts of your body alter sensations. Please place your cold, numb right hand over the burned area and experience the coldness and numbness flow into the burned area. When you know the burn is cold and numb, your yes and no fingers will lift to let you know how well you are doing."
3. *Ratifying and maintaining healing*
   a. **"That coldness and numbness will remain there for at least two hours. Then it may be necessary to repeat the exercise. You will get better each time you do it, and the result will last longer and work more effectively as you go along."**
   b. Any difficulty with this procedure may indicate a need to work through emotional problems.

Direct Suggestions in Emergencies with the Critically Ill

Ernest L. Rossi, Ph.D., and
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Malibu, California, and Santa Barbara, California

1. The critically ill are already in a state of hypnosis. Learn to recognize and utilize the spontaneous expressions of hypnotic behavior.
2. Avoid conversation and actions that might suggest pessimism. Suggest hope and optimism, but do so sincerely since the threatened human is canny in recognizing reassurance that is phony.
3. Collect your thoughts and marshal a plan of action before touching or speaking directly to the patient. You may be breathless in your hurry to get to the patient; you may not know exactly what to do. Take a few moments to give directions to bystanders. Your voice will be confident with them because you know more than they do. The quality of your voice will then give confidence to the patient in accepting reassurance from you. You also have gained time to control the expressions of your haste.
4. Tell the patient what has happened and that he will be all right. Outline what you are doing now and what your reason is for so

doing. This implies that you respect his knowledge and his ability to understand your actions. Allow time to outline what steps to take as you plan for the patient tomorrow and in the future. There is no better reassurance than the tacit suggestion that you expect a future for which to plan.

Instruction and promise of a future should be given to unconscious people, even when they show no pupillary reflex to light. Congratulate the unconscious person for being so relaxed, and tell him specifically how long you expect him to remain in this relaxed state before awakening with feelings of hunger and thoughts of food.

5. Give medication for pain if possible. This is a form of communication showing that you are interested in taking constructive action. Tell him what you are giving and for what purpose. The patient will know that it takes a little time before medication works; he will be able to focus attention better on your actions during the interval. The time taken in giving an injection allows you time to collect your thoughts and control any outward signs of alarm.
6. If he is able to talk, get the patient talking about work, hobbies or his family. The human mind can be taught to ignore pain and sources of shock if it is directed to concern itself with times and places where pain and fear did not exist.

SUMMARY OF DIRECT HEALING SUGGESTIONS IN EMERGENCIES

All injured, frightened, hemorrhaging, shocked, and unconscious people may be considered critically ill. They enter a hypnotic state spontaneously and need no formal induction.

1. *Accessing healing sources*
   a. Outline simply and briefly what you are going to do for them *now*.
   b. Designate a finger (by touching it lightly) to lift all by itself when the inner healing source (mind, brain, etc.) carries out the following:
   c. **"Your inner healing source can let this finger lift when the bleeding (and/or pain, etc.) has been turned down by half."**
   d. **"That finger can lift again when your comfort can continue getting better and better in every way."**
2. *Therapeutic facilitation*
   a. **"Your inner mind knows exactly what it needs to do to continue recovery by returning your blood pressure (or whatever) to normal. It can lift a finger to indicate that healing is continuing now all by itself."**
   b. Congratulate the patient for being so relaxed and doing so well in allowing the healing to take place.
   c. Outline a series of steps (signs) by which the healing process will continue in the immediate future.
3. *Ratification with posthypnotic suggestion*
   "You will feel yourself going into a deep, comfortable sleep for four hours and then awaken feeling refreshed and alert with a good appetite." (Appropriate suggestions for each patient's particular situation are added at this point.)

Suggestions for Use of Spontaneous Trances in Emergency Situations

M. Erik Wright, Ph.D., M.D.

INTRODUCTION

In crisis or life-threatening situations (e.g., cardiac trauma, automobile accidents), patients typically enter spontaneous trances, fixated in their attention on their body and immediate environment. Unfortunately, negative suggestions are often made in emergency situations by bystanders, ambulance attendants, police and medical personnel. For instance, patients may

hear: "You'd better hurry, this guy may not make it!" "Is this guy going to make it?" "Wow, look at that blood all over the place. This woman's a mess." At an annual scientific meeting of the American Society of Clinical Hypnosis, Wright presented results of an experiment where patients were randomly assigned to experimentally trained ambulance attendants versus untrained attendants. Crews trained to give positive suggestions had significantly fewer patients who were dead on arrival and their patients had a quicker recovery rate. This is a vitally important topic for further confirming research.

We believe that emergency personnel should be trained in giving positive suggestions, even to uncommunicative, stuporous patients.

These suggestions, the first paragraph of which are reprinted from Dr. Wright's book, illustrate suggestions used in his study. (*Ed.*)

SUGGESTIONS FOR AMBULANCE ATTENDANTS

[Ambulance attendants may be taught to give the following types of suggestions, speaking in a rather low-key manner, close to the ear of the patient.] You are in good hands now. You will be at the hospital shortly. Everything there is being made ready to help you. Let your muscles relax, let your mind begin to feel more secure and quiet. . . . Wherever this may be needed, let your blood vessels adjust to keep the blood circulating inside your blood vessels and to seal off leaks if they occur. . . . Wherever your skin is tight and tense, let it relax and permit the body's healing processes to begin to work. . . . As you listen to my voice, you will find yourself gradually becoming calmer. . . . Your breath will move in and out of your chest more freely and more regularly. . . . Your body has already begun to mobilize its healing powers and started to repair your hurt. . . . Everything that can be done to help you right here is now being done. Soon you will be at the hospital. The medical team has been told that you are on your way in. The team will take over with the hospital's resources to help you. . . .

[Other, similar suggestions were modeled by Dr. Wright in his scientific meeting talk:] Let your body concentrate on repairing itself and feeling secure. Let your heart, blood vessels, everything, bring themselves into a state of preserving your life. Bleed enough so that it will cleanse the wounds and let the blood vessels close down so that your life is preserved; your body weight, your body heat, everything is going to be maintained, and things are being made ready at the hospital. We are getting there as quickly and as safely as possible. You are now in a safe position. The worst is over. We are now taking you to the hospital.

SUGGESTIONS FOR CARDIAC EMERGENCY PATIENTS

This has been a terrible thing that has happened, but it is over and now it is time for the body to make use of itself and begin recovering. There are many things that will be able to be attended to later. Now the main thing is to let your body heal itself, relax, and begin to think in terms of what tomorrow may bring, of how good it is to be alive, and to be able to breathe and to be able to know that even with the tubes in your nose, there is life, and there is hope.

SUGGESTIONS AFTER STABILIZATION AT THE HOSPITAL

[Focusing on the body movements that are still there:] How good it is that you can focus and listen to me. There are a lot of things that we'll be able to talk about in the next week of learning when you can begin exercising, when you can begin to . . . [you lay out a program of future action, rather than a focus on the debit, the losses that have taken place. Now what you are offering is very limited and realistic in terms of what will be done.]

[By setting a framework of anticipation, the individual first detaches himself from the anxiety about the self and the number of secondary assaults so that the aftershock is lessened because you suggest that the heart, through learning how to make use of itself, is like it is

shedding a load:] The attack has been a heavy load and it may shiver a little bit, but that is all right. [Thus, whatever may happen, you anticipate it so that you do not give rise to a new set of fears.]

COMMENTARY

Dr. Wright encouraged emergency personnel to translate to the patient the body experiences happening to him or her, such as the sense of pressure that comes and goes. He recommended talking with postcardiac recovery patients and with emergency physicians to learn about the subjective body experience of cardiac patients. The trained professional may then comment on the symptomatology and feelings of the patient (pacing), and then make comforting suggestions about it (leading). (*Ed.*)

Painless Wound Injection Through Use of a Two-finger Confusion Technique

Steven F. Bierman, M.D.

INTRODUCTION

Injection of local anesthetic into an open wound, in preparation for suturing, is in some ways like adding insult to injury. The procedure is painful and generally dreaded by patients. In recent years, physicians have turned to topic preinjection solutions in hopes of eliminating such discomfort (Pryor, Kilpatrick, Opp, et al., 1980). Although these solutions are often effective, especially in shallow wounds, their efficacy is limited in deeper wounds that require extensive debridement and layered closure. There is also the suggestion, albeit from animal studies, that tetracaine-adrenaline-cocaine (TAC) solution may predispose to wound infection (Barker, Rodeheaver, Edgerton, et al., 1982). This author has achieved reasonable success in this regard by using topical proparacaine, 0.5% solution. Here, the absence of a vasoconstricting effect would argue against the likelihood of promoting infection. Nevertheless, results with both proparacaine and TAC have been imperfect.

Work with hypnosis led to the development of the present technique. No additional drugs are required, nor does the procedure require additional time. Instead, the patient's attention is focused away from the wound and distributed elsewhere. A discrimination task is assigned, and confusion is engendered by giving instructions ambiguously. The patient's consciousness is thus sufficiently preempted to permit injection without the perception of pain.

[It is recommended by the author that you draw a picture of a wound on a piece of paper and practice this technique with the paper to promote mastery. (*Ed.*)]

METHOD

A sterile field is prepared around the wound, and the patient is instructed that it would be best to direct his or her vision elsewhere. The physician, who usually engages in small talk while setting up, then says: "Now here's a *distinction* you can *learn*," emphasizing the italicized words. One finger of the physician's left hand is then placed to one side of the wound, a second finger to the other side. (Where the wound is long, a finger is placed on either side of the wound and gradually moved along its length as the injection proceeds.) With the physician using the right hand, the wound is then injected. All the while, the physician is delivering the following instructions and questions so as to maintain the state of distraction (notice that the play is on two words: "one," referring to finger #1 and to one finger—as opposed to two fingers—and "two," referring to finger #2 and to both fingers:)

Now, I'm going to place finger #1 here [on one side] and finger #2 here [on the other side]. And you can *feel finger #1* [wiggle finger] and finger #2 [wiggle finger], can't you? Now when I say *feel*, I mean the light *touch*, not the wiggle, so that whether I am moving finger #1 [wiggle #1] or finger #2 [wiggle #2] or two [wiggle both] or just moving one [wiggle

#2], you can still sense the touch of #1 [wiggle 1] or two [wiggle both]. Now at some time either one [wiggle #2] or both [wiggle both] will go *numb*, and what I want you to *pay attention* to is when one [wiggle #1] or two [wiggle #2] begins to *feel less*. And it's kind of like the old one [wiggle #1]—two [wiggle both].

At this point, the injection usually begins. The physician tries to keep the patient in a mild state of confusion while simultaneously directing the patient's attention to the side of the wound not being injected. It is best, therefore, to alternate the side one is injecting, being careful to do so unpredictably. For example, while injecting side #1, the physician may say:

Now I know you can *feel* the movement of *finger #2*, and I also know that if I stop moving one [stop #2] so that both one [wiggle—stop #1] and two [wiggle—stop #2] are still, you can still feel the touch of two [wiggle #2]; is that correct? Now what I don't know, and what I need you to tell me, is which finger, #1 or #2, is beginning to become more numb?

A similar tack may be taken when injecting side #2, with emphasis on the sensation under the contralateral finger.

At this juncture, the patient will generally comment. Whatever is said, the physician should respond sincerely and honestly. Common remarks by the patient are:

"I'm sorry, which is number one and which is number two?" The physician should respond by reiterating the initial instructions, more or less.

"Neither is becoming numb, I think." The physician should respond: "Neither is becoming numb, and yet you can *feel* finger #2 [wiggle #2] and two [wiggle both] and finger #1 [wiggle #1 . . ." and so on.

"I'm feeling something else. . . ." The physician might respond: "You're feeling something else, yes, and yet what I want you to do is *pay attention* too to exactly when one of these fingers, #1 [wiggle #1] or #2 [wiggle #2] or two [wiggle both], is beginning to go *numb*. Now which finger [wiggling one after the other alternately] is beginning to *feel less?*

Any two-point discrimination of this sort will eventually accommodate to the perception of a single point. Moreover, instillation of local anesthetic in proximity to the two fingers will often effect some measure of numbness under either or both. So the target phenomenon will actually occur. Therefore, the physician can, and should, be earnest in his or her directions; the patient, sensing this, will be attentive and gratified upon discovering the effect.

To ensure success, the physician should attend scrupulously to three additional considerations. (1) The word *needle* is never volunteered: unless the patient asks specifically, the word is not used. Instead, one might ask for "a 30 gauge," a truncated phrase which always communicates the need sufficiently. (2) The needle is never shown. Lidocaine is drawn up into the syringe with the physician's back to the patient, thus concealing the dreaded point. These simple measures eliminate the verbal and visual cues that would otherwise recall previous unpleasant experiences and thus incite anticipation of the same. (3) The physician must be careful to avoid such negative suggestions as "now this is going to hurt," or "just a little prick now." As Erickson and Rossi (1976) have pointed out, "Every suggestion . . . requires that [the patient] act it out for himself to some degree." The suggestion, however well-intentioned, that pain is about to occur is self-fulfilling.

DISCUSSION

Thorough evaluation of the two-finger confusion technique would, of course, require a prospective, randomized, controlled experiment. Proparacaine 0.5% (or TAC) alone, for example, could be compared as preinjection anesthesia to proparacaine 0.5% (or TAC) plus the confusion technique. Initial results, however, warrant this preliminary report, for I have found that when administered in earnest, the two-finger method rarely allows for even the barest perception of the injection. In well over 50 cases where the technique has been used, no patient has ever described the injection of local anesthetic into a wound as painful; the vast majority have felt nothing and have been surprised to learn that an injection has been given. Thus, whereas an exact comparative study of available techniques would be nice, there is no question that use of the two-finger confusion technique can result in painless wound injection.

HYPNOSIS FOR HEALING, PSYCHOSOMATIC CONDITIONS AND AUTOIMMUNE DISEASES

General Approach to Physical Symptoms Caused by Stress

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A permissive approach to self-hypnosis which emphasizes positive experiences of physical changes acts to reframe a negative self-image or previously confusing symptoms. I begin by briefly outlining the "fight or flight" response, then contrast the physical and emotional changes of the relaxation response. I ask the patient to choose a pleasurable visual or auditory image to focus his/her awareness.

"Take a couple of deep breaths in . . . and out . . . and on the out breath, notice a sense of comfortable heaviness beginning in one hand and arm. Repeat to yourself, 'My hand and arm are comfortably heavy,' several times. [Pause] Then allow your attention to pass to the other hand and arm and repeat, 'My hand and arm are comfortably heavy. Both my hands and both my arms are comfortably heavy.'"

The same suggestions are given for the lower limbs, ending with, "Arms and legs, hands and feet, comfortably heavy. Feeling quiet inside."

I do not use terms like "try" or "relax." In fact, I tell the patient that this is training in "how not to try hard to relax." I end the exercise by suggesting that the patient practice 5–10 minutes, three times daily, with complete alerting unless it is bedtime, by flexing and stretching the arms, inhaling sharply, and then opening the eyes. I encourage the patient to give positive self- suggestions during the last minute of the exercise.

I teach "warmth," "heartbeat," and "respiration" over the next three weeks, emphasizing self-awareness and encouraging reports of positive experiences of the physical self. [see Jencks, 1979).

This approach takes four one-half hour visits and is practical in a family practice office setting. I use this approach for conditions from insomnia to migraine. I may superimpose specific suggestions for particular symptoms, but have found that this general approach results in spontaneous remission of many symptoms, which is very powerful feedback to the patient to keep practicing. The patient is seen in follow-up at one month and two months, and then reinforced on routine visits for medical care.

Symphony Metaphor

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INTRODUCTION

This metaphor is obviously particularly apropos for the musically inclined subject, but may be appreciated by many others also. There are many metaphoric concepts that may be included in such a metaphor, depending upon the concerns and problems of the patient: harmony and discord, orchestrating, rehearsal, leading and following, cooperation with each other and the importance of the different parts to each other, balance, tune and not in tune, fine tuning, the automaticity that comes after lengthy practice, picking up the tempo, etc. (*Ed.*)

SUGGESTIONS

Sometimes I like to think of the body as a symphony orchestra. A symphony orchestra makes beautiful music; but it is made up of many sections and each section is made up of

many instruments. As you know, sometimes an instrument gets out of tune: a violin may break a string, or one of the reeds may need to be cleaned. [There are many possible problems.] Something needs to be done so that that instrument can produce beautiful music again. Or sometimes, when working on some composition, a whole section might be having trouble with the rhythm or with a difficult chord or harmonic, or the timing might be off.

But despite the fact that an instrument may need to be tuned or repaired, or a whole section might need to work on timing or rhythm, there is nothing wrong with the *orchestra*. [By implication, nothing is wrong with the *person*.] The orchestra is still as strong and vital as ever. It is simply that that instrument needs to be fixed, or that section has to practice more, and when they have done that, then the orchestra is once again harmonious, rhythmic, attuned to itself.

Well, the body is rather like that. If we think of the body as being composed of many "sections"—the digestive system, the respiratory system, the reproductive system, the cardiovascular system, the muscular system—all of these systems make up the symphony that is the body. And within each system, there are the various "instruments": in the digestive system there are the teeth and the mouth, and the esophagus where you swallow, and the stomach and the sphincter at the end of the stomach, and the various parts of the bowel; and then there are also the auxiliary organs like the liver. [One may change which system is described to suit a patient's symptomatology.] And all of these "instruments" make up that "section," just like the instruments in the sections of the orchestra.

So, although attention may need to be paid to one section or one instrument, yet the symphony—the body—is still wonderful, and still has all the potential for making beautiful music.

Think to yourself, "My body is like a symphony"—and feel the wonderful rhythms of your body pulsing softly to their own special beat within you, and harmony being restored.

Healing Imagery

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INTRODUCTION AND INDICATIONS

Dr. Hunter's suggestions may facilitate healing in psychosomatic disorders (e.g., ulcers, colitis) or following accidents or surgery. The last sections describe images that may be suggested for use with patients whose clearest imagery capacity is visual, auditory, or kinesthetic. (*Ed.*)

SUGGESTIONS

All living things in the plant and animal world have one thing in common: all have within them, the most incredible capacity to HEAL. If you simply think of a wounded animal, or a damaged plant, you can affirm that statement for yourself. The animal—man included—recovers from wounds and illness; the plant grows new leaves or branches, and sometimes even has scars to remind the observer that once, it was wounded. [Universality of the capacity to heal.]

You also have this wonderful capacity. You also have this miraculous healing energy within you.

[Invitation to go deeper into trance.] Go now, deep within yourself: to the very center of yourself, to the source of that healing energy within you. Go to the very source of that healing energy; be aware of that energy that comes from the very center of yourself. Gather up that energy, and *direct it to that part of your body where you instinctively know it must be directed*! [You can trust your intuition.]

Each one of us has his or her own personal concept of that energy. [Everyone's concept is right for them.] For me, it is a source of light—a source of healing light, like the sun, a light that can be directed to the part of the body which needs healing, and suffuse that part of the body with its healing glow. It is a golden

light, that surrounds and bathes the ill or wounded part of the body with that healing golden energy.

Discover YOUR own concept of what your healing energy is. Locate it deep within you,and direct it to wherever your body needs it.

Now FEEL, *sense* the healing that is already beginning within you. You can actually FEEL that healing. That's right. Direct that energy through your body, to wherever you intuitively know it is needed—knowing that you may even be surprised at the part of your body which you have intuitively chosen! [Positive suggestion for healing.] But knowing, also, that the subconscious mind has so much more information than the conscious mind has, the subconscious mind may know that some *other* part of the body, different from where your conscious mind would have thought, may need that healing first. Trust your subconscious mind to direct that energy; trust your intuitive response. [But generally it is better to let the subconscious do that itself.]

Now let your wonderful, creative imagination formulate an image, in your awareness, of what that ill or wounded part of your body is like—what it looks like, or feels like (kinesthetically or tactilely), or indeed even sounds like—discordant, harsh, hoarse, a grating sound perhaps, or thin and reedy with little substance. [Emphasizing the importance of self-trust.]

[Formation of images using all the senses; images must have personal meaning to be effective.] This image could be pictorial, as if you were looking at an anatomy book; or in three dimensions, like a piece of sculpture. It could be entirely symbolic, or graphic. Use your own talents to devise an image that has meaning for YOU.

Use all of your sensory awarenesses to formulate that image. Fill that image with all the detail you possibly can—what you see, hear, feel, touch, taste, smell. Remember color, and strength.

Then place that image, in your inner awareness, on one side. Now, begin to create another image: this image is of healing, of convalescence, of recovery. It is the image of what your body will be like—will look like, feel like, sound like when you are well again; restore harmony to your body, and power. Fill in all of THAT wonderful detail, in whatever kind of image is right for you, remembering that the image can be realistic or symbolic, two- or three-dimensional, whatever you instinctively know is congruent with your deep sense of self. [Ego-strengthening.]

Place this image beside the earlier one. Your task now becomes very simple: you simply need to evolve the first image into the second. [Simple expectation of success.]

Some people like to do this in a way similar to rifling through those little pictures in the upper corners of comic books—flipping the pages quickly so that the cartoons seem to move; some choose to make a video or movie of the process; some draw immediate images—short-term goals, as it were; some just sense the evolution of one into the other. [Triggers for the imagination.]

In your own hypnosis every day, reinforce this healing imagery. The more frequently you do that, the stronger the message that you are giving to your subconscious mind and thence to your body: I CAN BE WELL: I AM ALREADY ON THE ROAD TO RECOVERY! [Affirmations in imagery.]

HEALING IMAGERY—OTHER TECHNIQUES

1. COLOR. Another type of imagery uses color extensively and gives it priority. Some people paint a picture in their imaginations—a picture in the colors of illness and disease. The healing imagery, then, involves painting a new picture, using the colors of health, or in changing the existing (in the mind's eye) picture as convalescence and healing ensue.

A variation is to simply perceive colors—in the shades and tones of woundedness or ill health—swirling about in various patterns; gradually the colors change, merging into the vibrant colors of full recovery. One thinks of

this type of imagery with the artistically inclined (not necessarily artists).

2. MUSIC. For those who use auditory imagery more extensively, music can be used to great advantage. The music of disease may be perceived as jarring and discordant—each subject will have his or her own ideas about that; many will hear (with their inward ear) a specific piece of music that fits their interpretation. The music may change suddenly or gradually, "letting it happen" or deliberately ending one and beginning another.

Pain which is perceived in auditory terms—e.g., throbbing—may be altered in this way, changing the image of the pain as the music changes. Personally, I have changed Heavy Metal (a throbbing ankle with torn ligaments) to a Mozart opera with great success! Similarly, musical representations of illness may change to those of health and happiness. These musical metaphors may be combined with the frequent use of words such as harmony, rhythm, attuned, tempo, etc. [Also see the Symphony Metaphor above.]

3. WIND, BREEZES. The image of a soft breeze wafting away illness, bringing strength and a sense of well-being, is very pleasant. A brisk wind, blowing disease away, is more active and invigorating for some.

Alternatively, the concept of a storm, even a raging gale, as the terrifying or devastating illness, subsiding to a warm, healing breeze bringing peace and comfort, may describe some patients' situation more vividly.

4. HEALING WATER. This could be, figuratively, swimming in a magic pool or immersing oneself in some sort of healing water. We sometimes talk of "taking the waters," referring to a spa or health resort. In that case the healing water is taken "within," rather than "without."

Healing water also has some reference to the safety of the womb, floating in the warm amniotic fluid. The link to baptism or being "born again" is another possibility to explore with some patients. Obviously one chooses the metaphor very carefully. A good history is the first essential, rapport a close second.

Healing imagery has an infinity of variation. Use your own creative imagination to present wonderful options to your patients.

Suggestions with Autoimmune Disease

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INDICATIONS

In autoimmune diseases, like rheumatoid arthritis and lupus, the immune system attacks the body—the joints, internal organs or skin. In effect, the immune system is misguided or "confused." Hypnotherapeutic work may help stimulate healthy immune system functioning, where only foreign invaders or mutant cells are attacked. A general understanding of how autoimmune diseases operate will be helpful to the patient, and sometimes pictures of what the disease process and the immune system look like will help to facilitate the internal changes that are required for healing or remission.

SUGGESTIONS

Allow an image of yourself to become very, very small. Begin your healing journey by seeing yourself shrinking smaller and smaller until you're as small as a drop of water, and slip inside yourself through your mouth and down your throat. Then allow yourself to shrink even smaller until you are not much larger than a single cell, but fully protected by a sturdy and transparent bubble around you. Then slip into your bloodstream and travel to an area that is in need of healing. [Pause] What do you see? [Pause] From a very safe vantage point, you can observe your immune system in action. What are your white blood cells doing? [Pause] If any white blood cells are disturbing part of

your body as opposed to only subduing foreign invaders or mutant cells, they will need educating.

You may want to have a dialogue with your immune system. "Why are you attacking me? . . . Let's live in peace. . . . What do we have to do to live in harmony? . . ."

Send a message from your safe vantage point to a wise, experienced and healthy white blood cell that understands the importance of not harming the joints, organs or skin. Watch this wise old cell explain effectively to the misguided cells how to recognize what not to attack. [pause] See the immune system leaving any damaged areas in peace, and watch, as in time lapse photography, those areas healing completely, and then watch yourself using that part of your body effectively and with pleasure.

Prolonged Hypnosis in Psychosomatic Medicine

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INTRODUCTION

Time-extended or prolonged hypnosis is not even mentioned in comprehensive textbooks on hypnosis. Therefore, although there is only limited experimentation with this approach (Kratochvil, 1970; Kuriyama, 1968; and two non-English publications from Germany and Czechoslovakia), it is being included in this volume to introduce a unique treatment option deserving of further investigation. Of possible relevance to this method are the studies of Barabasz and Barabasz (e.g., 1989), who in several reports have documented the ability to increase hypnotic susceptibility after only a few hours of REST: restricted environmental stimulation therapy. These results suggest that Kuriyama's approach may, at a minimum, enhance responsiveness to suggestion. There are also similarities between Kuriyama's approach and the independent method of the late Dr. Ainslie Meares reviewed in Chapter 6. (*Ed.*)

THEORY, TECHNIQUE, INDICATIONS, AND CONTRAINDICATIONS

The method is based on the following assumptions:

1. The human organism is endowed with spontaneous healing power with which to restore healthy mind and body.
2. The so-called hypnotic trance serves the functions of enhancing the healing force in the organism.
3. Especially in prolonged hypnosis, the self-recovering force is reinforced and the organism is set free from the strains of mind and body caused by the stress of the inner and outer world, and is helped to restore health.
4. Prolonged hypnosis stimulates the patient to develop an attitude to accept therapeutic approaches, such as suggestions and hypnotic working relationships, and respond to them in an active and self-regulatory manner.
5. The first assumption presupposes our basic belief in the human organism. This belief underlies any therapeutic endeavor, be it for physical or psychological disorders. The second assumption brings forward the nature of trance. Clinically speaking, we encounter many cases in which the so-called trance seems to exert strong therapeutic effect upon the human body. For example, in many cases mere induction into hypnosis can bring out marked improvement or more or less disappearance of symptoms without any therapeutic suggestions or interpretations being given. Often simply being in a trance seems to be very therapeutic.

As stated in the third and fourth assumptions, in prolonged hypnosis, which keeps the patient away from the stimuli and disturbances of the outer world and eliminates the tension state created by wrong learning, the inherent self-recovering force and the effect of the trance will be enhanced to an optimal level. Also, the feelings of security and satisfaction

that come from the fact that the patient is treated well and long enough add to more favorable results.

THE METHOD. After having induced the patient into deep hypnosis by ordinary inductive techniques, the following methods are in order.

1. Short-term prolonged hypnosis: Maintain the trance for two or three hours.
2. All-night prolonged hypnosis: Hypnotize the patient at night and maintain the trance, with which he goes into natural sleep, until the following morning when he wakes up from the hypnosis after washing his face.
3. All-day prolonged hypnosis: Maintain the trance as long as possible on the second day following the above all-night hypnosis.
4. Long-term prolonged hypnosis: Maintain the trance all day long, and, moreover, preserve it as long as the subject wishes; that is until he feels confident that he will recover. If necessary, the trance is to be continued for a few days or even for several weeks.

Method 1 is applied to some inpatients and outpatients by letting the patient lie down on the bed or sit relaxed in an easy chair. Some patients relax better themselves with the therapist close enough to be heard. Others do not do well unless the therapist visits them to help reinforce the trance occasionally. The other methods (Methods 2-4) are applied only to inpatients. Method 2 has turned out to be most practical and effective, apparently because the patients are not disturbed by day-time noises or visitors. In regard to method 3, it is important to take into consideration such factors as the patient's habits and personality traits and to maintain the trance according to the rhythm of his life. Method 4 is for specific conditions and needs very careful preparations.

When the individual is induced into prolonged hypnosis, the therapist needs to give a thorough explanation as to what it is like to be in the trance; that is, that there is no danger whatsoever, he can drink water or tea, go to the bathroom, and do any other necessary things under hypnosis. Also, the environmental manipulation needs to be arranged so that there should be no visitors during the treatment. The following is an example of suggestive words:

> From now on you will be on the bed hypnotized for a long time. You are lying on the bed with your mind and body so relaxed, and comfortable. If you want to go to the bathroom or drink water, you will have no trouble doing so under hypnosis. And after coming back to bed, you will automatically go into a hypnotic state which is much deeper than when you left the bed. You are so comfortable that you will never feel that you woke from hypnosis, but rather that you wish to go into deeper hypnosis.

If the inpatients are to be hypnotized at night, the following suggestions need to be added.

> You will be under hypnosis for a while, and then, you will gradually go into deeper and deeper sleep. You will never wake up until tomorrow morning when you will wake up from hypnosis only after you have washed your face. At that time, your head is clear and you will feel very good. You will enjoy breakfast very much.

In addition, depending on any special condition, proper suggestions or support need to be given.

TYPES OF DISEASES AND TREATMENT RESULTS. Prolonged hypnosis can be used mainly for the following two situations: (a) cases from which a favorable outcome is expected by using prolonged hypnosis, and/or (b) when treatment has reached a deadlock with no further improvement, after the patient has improved to a certain stage by ordinary hypnotherapy.

Treatment results: The eight cases of bronchial asthma had suffered from severe attacks every day for several years with no noticeable improvement with various types of medical treatment, and thus had to be hospitalized. Five of them, persistent users of steroid hormone, were able to set themselves free from it in a relatively short time.

In some cases, only by keeping the patients in a so-called trance for many hours was marked

improvement was observed. In others, the therapeutic effect was reinforced by proper suggestions during the course of treatment. At any rate, the author was able to observe marked improvement in many of the patients who had not responded to pharmacotherapy or standard hypnotherapy.

INDICATION AND CONTRAINDICATION. This method is applicable to all cases where hypnotherapy is indicated. However, it seems to be of particular use in the following cases.

1. Bronchial asthma, organ neurosis and anxiety neurosis, which attacks during every day particularly during the night.
2. Angina pectoris, chronic stomach ulcer in which no immediate psychogenic factors are detectable, and where a good balance of mind and body seems to play an important role at present in bringing about favorable therapeutic outcomes.
3. Cases of chronic anxiety or tension, and those whose psychosomatic symptoms are perpetuated.
4. Cases where no effect can be expected by drug therapy or ordinary hypnotherapy.

Further Suggestions for Facilitating Prolonged Hypnosis

Stanislav Kratochvil, Ph.D.

[The following suggestions were given to subjects following hypnotic induction, deepening, and the production of a variety of hypnotic phenomena. (*Ed.*)]

1. You will remain in hypnosis until I repeat three times the word "zero." You cannot return to your normal state without this signal. Another person would be able to bring you back to your normal state only by repeating this word ten times.
2. You will behave and live in the hypnotic state in the same way as if you were not in hypnosis. You will be engaged in your everyday activity, talk with other people, eat and sleep normally at night, so that nobody will be able to find anything strange in your behavior; you won't be aware of any change, either.
3. With me you will be able to speak quite normally, too. My words will act upon you as a direct command only if I change the intensity of my voice, i.e., if I whisper or speak more loudly than usual.
4. As long as you remain in hypnosis, you won't be oriented in time. You will answer each question concerning the date, by the answer "January 1," being convinced that this is true. This is the only date you know from this moment in your hypnotic state.

Vascular Control Through Hypnosis

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INTRODUCTION

The following suggestions were used successfully in a study (Bishay & Lee, 1984) that documented the reduction in regional blood flow to the hands through production of hypnoanesthesia. Similar suggestions may facilitate vascular control in other parts of the body. (*Ed.*)

SUGGESTIONS

[Following induction utilizing relaxation, imagery, and a 20-step staircase for deepening:] Now you are so deeply relaxed, your whole body feels very relaxed, and very heavy. You have relaxed so well that you did not pay attention to the fact that you can feel your left hand getting heavier and heavier. You can feel it pressing on your left thigh . . . and you can't even move it. Your right hand, at the same time, is feeling as if it is being pulled up . . . as

if there was a helium balloon attached to it with a strap and pulling it, very slowly, and slightly up.

As your right hand leaves your thigh, it is not going to go higher. It will feel cold and numb. You are going to actually start immersing your right hand in a bucket full of ice-cold water. It is getting colder and colder, more and more numb. You can hardly feel it. The tips of your fingers are very, very numb. . . . They are almost painful. The dorsum [back] of your right hand is very numb and cold. Move a finger on your right hand when you feel it really cold and very numb . . . That's nice . . . It is already pale and its veins are very collapsed. You can open your eyes, if you wish, and see how pale your right hand is . . . and remain in your deep trance.

Suggestion for Control of Bleeding

Milton H. Erickson, M.D.

In your present type of thinking, you do not believe . . . that you could control the flow of blood; that you could cut down on bleeding. Yet you know that the utterance of one single word right now could bring a flush to the face . . . And that is right, because your body has had a lot of experience in controlling the flow of blood, and it is so easy and so simple. And if you can control the flow of blood in your face, well, why shouldn't you be able to control it in your neck; and your neck does turn red and your forehead does turn red, and why not a little bit below. And consider the way in which your body has had experience in turning pale at the thought of something terrifying, and consider the way your body has had many experiences in turning red under heat and turning white under cold. Your body has had a lot of experience; there is a tremendous wealth of actual physiological experience that warrants the expectation that one could build up a hypnotic situation to control capillary flow of blood; and with that capillary flow of blood you could also control salivary glands, or you could stimulate those glands. You can say a single word to someone that will produce tears. Those tears require an alteration of the flow of blood in the tear glands, and you don't even know how those tear glands are supplied with blood. There is a *wealth of knowledge that exists in your body*, of which you are totally unaware, and that will manifest itself when given the right psychological or physiological stimulation.

Suggestions for Control of Upper Gastrointestinal Hemorrhage

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INTRODUCTION

Bishay, Stevens, and Lee (1984) used the following suggestions in an emergency room setting. The patient had a history of upper GI bleeding for three years and was admitted to the surgical ICU with a diagnosis of "recurrent peptic ulcer disease vs. stomach ulceration, incomplete vagotomy." After the patient was reassured that nothing would hurt her and no one would do anything to her against her will, she was told that if she could relax, her unconscious mind would help control the bleeding. The following suggestions were then given, which successfully controlled bleeding without surgical intervention. (*Ed.*)

SUGGESTIONS

As you lie comfortably in bed, all that you need to do is to close your eyes and take a series of real deep breaths . . . and as you exhale let your body relax as deeply as you can. . . . At the same time . . . imagine how it would feel if you were now lying on your back in some place

in which you had pleasant memories . . . a beach perhaps. . . . Feeling the pleasant, cool sand under your back . . . and the lovely cool breeze on your face . . . enjoying an ice-cold drink which you are sipping slowly with great pleasure. . . . Listen to the calming waves . . . and the joyous laughter of kids playing far away. . . . The feeling that you can attain in your body is of complete and total relaxation. . . . Good! You are listening to my voice . . . and drifting into a very pleasant state of mind and body.

You know now that your "unconscious" is controlling your breathing . . . watch how deep and slow it is now. . . . Your unconscious mind is also controlling your pulse . . . your blood pressure and . . . your skin vessels . . . as I can see, these vital signs . . . have already been controlled by your unconscious mind . . . which is already taking very good care of your body. You can allow it to control your bleeding completely. It will cool down and close all the bleeding points in your stomach and esophagus effectively and safely . . . as if it is healing you while you are slowly sipping this refreshing ice-cold drink in your hand. . . . Notice how relaxed . . . comfortable and . . . secure you feel right now when you allowed your unconscious to help you. Your entire body is free from tension . . . and you feel so good! You are doing great! . . . and you have learned how to relax . . . whenever you need the help . . . of your unconscious . . . to make you feel safe . . . secure and happy. [Instructions for self-hypnosis were then given.]

Blood Perfusion Protocol

Lawrence Earle Moore, Ph.D.
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STEP 1. PRE-INDUCTION TALK. This is designed to facilitate the hypnotic induction by establishing rapport with the patient, correcting his misconceptions about hypnosis, and allaying his anxieties.

STEP 2. HYPNOTIC INDUCTION. Typically this proceeds with a formal and direct induction procedure. Eye fixation is preferred because it establishes a precedent for the patient's narrowing focus of attention (later to be on a particular part of the body). This may be followed by progressive relaxation. Trance deepening is not necessary because a very light trance is sufficient for blood perfusion.

STEP 3. IMAGERY FOR PERFUSION. After the patient has achieved an adequate trance, he/she is instructed as follows: "Picture your strong normal blood . . . flowing from your strong, normal heart . . . through a system of canals* to the desired area** . . . calm and comfortable . . . canals are expanding to facilitate the increased flow . . . pleasurable sensations . . . blood rushing to the desired area . . . you may already feel that area becoming warmer . . . comfortable . . . nothing to distract you now . . . enjoying the warmth and sensation of your healing blood flowing . . . your blood carrying all the building blocks of healing; protein, amino acids, vitamins, etc. . . ." [These suggestions are repeated over and over, with the possible introduction of time distortion.]

STEP 4. POSTHYPNOTIC SUGGESTIONS. These are given for comfort, motivation, and increased ease and depth in subsequent hypnotic sessions. The desire for continued perfusion can be accommodated by suggesting that something commonly encountered in the patient's environment will trigger said perfusion. For example, the patient can be instructed to watch TV for some hours per day with the perfusion occurring and being maintained each time a commercial appears on the TV screen (clearly she must be prohibited from watching public or non-commercial channels). Hospital personnel (e.g., nurses or technicians) can also be a trigger.

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*Here is an excellent place for utilization, e.g., a burned truck driver was told to view his arteries as freeways, a plumber as pipes, etc.

**The "desired area" is usually specified, e.g., left hand, right foot. Caution: the patient takes your suggestions *literally*.

HYPNOSIS WITH NEUROLOGICAL AND OPHTHALMOLOGICAL CONDITIONS

Teaching the Other Side of the Brain

Marlene E. Hunter, M.D.
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INTRODUCTION AND INDICATIONS

These suggestions are designed for use in stroke patient rehabilitation, particularly where the damage has been to the left hemisphere, to facilitate recovery of function and feelings of hope. We do not presently have research validation that hypnosis can facilitate enhanced recovery of function, despite the clinical belief that this may be possible. Until we have evidence to the contrary, however, it seems that at worst the clinician has only wasted a few words while simultaneously instilling hope, motivation, and a sense on the part of the patient of being able to do something for himself. (*Ed.*)

SUGGESTIONS

You know that you have been able to perform many functions throughout your life—things like walking and talking and writing and feeding yourself. These became second nature to you many, many years ago. [You already have the information.] Then, three months ago when you had your stroke, you found that very suddenly you were unable to do those very things that you have done automatically for decades. [Calmly stating the fact.]

So the past three months have been very confusing and difficult, because of this strange and frustrating situation. [Acknowledging the feelings, reassuring that they are normal.] In particular, you have had a hard time speaking, because you seem to lose the words that you are looking for. This has been all the more exasperating and depressing because you have always been so articulate.

Your doctor has explained that the stroke affected the left side of your brain, the side where the speech center is located. That is why you are having trouble with your words. However, the *right* side of your brain is fine. [Opening up another possibility.]

Here is an interesting challenge for you, then—*teach the right side of your brain to do what the left side used to do!* [Often they are longing for a dramatic approach—here is one.]

This will be all the more interesting because the right side of the brain seems to be more active in the realm of imagery, music, and creativity, even though we know that both sides of the brain can perform all the various functions, and there is a tremendous cross-over in activity.

[Spoken very gently, but very intensely.] But this is just what you need! Think of the possibilities—the right side of the brain has all the potential that it needs to learn the various speech functions, and it has great powers of creativity, too! [Affirming the validity of the approach. Right side *specifically* designed for such a challenge.]

Because brain activity is physiological as well as mental, you will also need to focus very determinedly on mind/body communication. All the information about biochemistry and neurophysiology must be fully accessible to your subconscious mind, and the information that the subconscious holds must be accessible to the body.

So ask your subconscious mind and your body to get into strong communication, in order to cooperate and collaborate fully in this venture. The project, then, is this: the left side of your brain must teach the right side of your brain what to do, in order for you to find the words you want and speak clearly and freely again. [Restating the original suggestion in a new way: inner learning through inner teaching.]

Did you know that you have a bridge from one side of your brain to the other? You have.

[The concept of a bridge is reassuring—bridges ARE transportation routes.] It is called the corpus callosum. It is a very strong bridge connecting the two hemispheres of the brain. How wonderful that you have a bridge already there! It can be one of the routes that information can take as it is transferred from the left side to the right.

[Combining fact and imagery.] In your own way, create the image of this bridge in your mind, and envision or feel or hear or have the very strongest sense of information traveling across this bridge, from the left side of the brain, to the right.

When it gets to the right side, let it find the exact place to settle—somewhere accessible, where other information coming in, can find it easily and add to it. [The "right side" is symbolic.]

Then, when the information is safely lodged in the right side of the brain, again invoke that wonderful mind/body communication as you direct your right brain to *begin to use that information*! You can be very, very curious about how that will happen. Will you feel like speaking, and find that some promising sound comes forth? Will you say it all in your mind first, and then find the way to make your mouth and tongue work properly? How will it come about?

We know that this will probably take a very concerted effort over some period of time—after all, it took you some period of time to learn how to speak in the first place, so it is reasonable that it will take some length of time for your right brain to learn to do what your left brain has been doing. [Preparing for long effort.]

Stay patient, then—in the long run, this will be the shorter way. Stay patient and calm, and let the left side of your brain, teach the right side what to do. [Mildly confusing statement.]

Remember, too, that there are other ways of transferring information besides sending it across a bridge. [More creative imagery.] Send that information to catch a ride on a passing hormone, for instance. There is great hormone involvement in any learning process. This is another opportunity for mind/body communication and collaboration.

And then there will be possibilities that only the deepest part of your subconscious mind knows about or has access to; so in your own hypnosis every day, remember to ask your subconscious to use ALL the information that it has, to help you in this challenging project. [Covering all bases.]

You know more than you know that you know. And learning what you already know is a wonderful experience. [Several words with multilevels of meaning are reiterated throughout, e.g., bridge, cross-over, creativity, "right side" etc.]

Once Learned, Can Be Relearned

Marlene E. Hunter, M.D.
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INTRODUCTION

These suggestions were also prepared for use in stroke patient rehabilitation. A similar approach may also be used for the aphasic patient for relearning language and how to speak. These suggestions may also be combined with the previous ones. (*Ed.*)]

SUGGESTIONS

Today I'm going to talk about learning. But I'm going to talk about it in a rather different way. I'm going to talk about learning how to do *something you already know how to do*! [Catching attention with an unusual statement.]

[Setting the background for the statement.] When you were very small, just a baby boy, you had to learn how to walk; to get yourself up on your feet, standing straight, put one foot ahead of the other and take steps to get yourself to somewhere else from where you were.

Your conscious mind hasn't thought about that for decades. Walking came to be such an automatic thing, thinking about it was quite unnecessary. Your subconscious mind recognized, "I want to go over *there* . . .," your body took over, and you went.

[Invitation to realize all the ingredients.] However, a lot of learning, of trial and error, of finding out about the relationship of objects to other objects and most of all, of motor skills, were dedicated to learning to walk, for quite a long time before you were able to walk steadily and safely, to stop and start just when you wanted to and to go in the precise direction that you wanted to go.

Over the years, you have walked and walked and walked. Your body and your brain and your mind have collaborated so often on that activity called walking, that you know all there is to know about it. You even know how to walk backwards! [Curious ability!]

Six months ago a sudden, confusing and distressing thing happened to you: you had a stroke. [Acknowledging fact.] And that stroke affected the part of your brain that was involved in walking. Now your muscles apparently refuse to do what you tell them to do, and they are weak and flabby. You have been going to physiotherapy [physical therapy] diligently to regain your muscle strength in your legs and arms. [Reassuring that he has been doing his best.]

Yet, still your feet and ankles and knees and hips are obstinately staying put instead of going where you want them to go. [Recognizing frustration.] This has been very frustrating; and you know from some of our previous sessions, when we find something to be very frustrating, that indicates that we must look for a different approach. [A problem is an opportunity to do something different.]

Let us explore, then, a new avenue. We can do that by putting the whole situation into a new framework. [Reframing.]

When you were a baby, you learned how to do something you had not done before. Then how about—*again learning to do it*! [The invitation.] Now, THAT makes sense. After all, if you can learn how to do it once (and when you were a baby, at that), you can learn how to do it again, when you have *all that previous experience about learning*. [Reflecting the opening statement.]

Yes. You have already learned how to learn how to walk. ["Learned how to learn how to . . ."—hypnotic emphasis and further emphasizes the "learn" throughout the script.] Therefore, you can relearn what you already have learned, calling on your subconscious to search out that previous learning and learn to put it to new use.

In order to do that searching, go further into hypnosis now. [Placing my thumb on his forehead again—deepening.] Use my thumb as a focusing point, and go "way down" into hypnosis, as far as you need to go to achieve what you need to achieve. That's right. Good.

Now, let your subconscious mind go back to the time when you were a small baby, just learning how to walk. [Regression.] Go back to the beginning of those lessons—and that beginning may even have been before you were born, when you were experiencing what it was like to move within the ocean of the amniotic fluid. Ask your subconscious mind to REVIEW ALL THAT LEARNING, and find out what you need to know again, as you relearn what you have already learned so many years ago. [Further emphasis, referring to earlier phrases.]

Feel again what it is like to learn how to walk. Let all your senses be clear as you re-experience that—the muscle tone, the awareness of something that you would later call strength, and sense of position, and of how you know your feet are on the ground; the exquisitely complicated movement of the foot as it lifts in a step and swings forward—all there for your subconscious mind and your body, together, to review and re-explore. [Kinesthetic imagery.]

Ask your subconscious mind to review all that old information many times a day, for as many days as it needs to, and then to *redirect that information to the present*. [The information is needed NOW.]

At the same time as your subconscious mind is reviewing that previous learning, you are regaining muscle strength through your therapy, so that soon the two approaches can merge, and you will begin to learn again what you have already known for many decades. [More mind/body communication.] Once learned, skills can be relearned. [Reinforcement.]

This new approach calls for the greatest possible collaboration between mind (conscious and subconscious) and body. Reinforce that collaboration every day in your own hypnosis, reminding yourself that you already know what you are now learning, and you are putting that knowledge to good use as you approach this worthwhile endeavor in this renewed and worthwhile way. ["You already know what you are learning"—referring again to the opening statement.]

Hypnosis with Blepharospasm

Joseph K. Murphy and
A. Kenneth Fuller

INTRODUCTION

Blepharospasm consists of an involuntary spasm and closure of the eyelids associated with involuntary contraction of the orbicularis oculi muscles due either psychological or organic causes. A variety of symptomatic treatment procedures have been followed, including medication, behavior modification, surgery, biofeedback and hypnosis.

HYPNOTHERAPY

The authors used both hypnosis and biofeedback in successfully treating a case. They age-regressed the patient to an enjoyable scene and "he was asked to see, feel, hear and experience himself 'functioning confidently, comfortably with natural blinking in a pleasant situation' from the past. . . . Go back to a pleasant time in your life before this eye problem began and experience what it is like to blink normally—naturally—remember what it feels like not to need to rub your eyes—enjoy knowing that at this time you have no need to open your eyes with your hands . . . [three-minute pause]. . . . It would be wonderful to bring back this feeling, this understanding, this ability to blink naturally and normally, would it not?"

They found that the patient was able to remain in hypnosis for an extended period without spasms, manual eye opening or eye rubbing. At that point, the patient was told, "Congratulations on your ability to control your eyelid movements. See, Mr. _____ you are in control—your eyes are opening and closing [timed to lid movements]—Now you are having no problem with spasms. . . . I'm curious to find out when you'll actually begin to notice that your eyes are opening and closing [again, suggestions paired with lid movements] naturally in your everyday life. . . . I hope that you will look forward to feeling confident in your ability to relax and to control your eye movements naturally. What I'd like to have you do is this: Why not avoid trying to force open your eyes. When you notice your attention being focused on eye spasms—why not—let that be a signal to RELAX [pause]—RELAX and wait for your eyes to open spontaneously—on their own . . . Just like you have done so well in today's session."

In another session the patient was taught self-hypnosis. He was also given repetitive post-hypnotic suggestions for spontaneous eye opening, for relaxation, and for improving function. In still another session some of the following types of suggestions were given.

"You have shown exceptional ability to use hypnosis to RELAX. . . . You have shown good ability to use self-hypnosis. . . . You have demonstrated your ability to blink normally and naturally for extended periods of time using hypnosis. . . . I want you to really realize that you can continue to use these abilities in everyday life—even when you are no longer with me."

Hypnotherapy for Lagophthalmos

Jean Holroyd, Ph.D., and
Ezra Maguen
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INTRODUCTION

Holroyd and Maguen (1989) reported the only known successful treatment through hypnosis of a patient who was unable to close her eyelids at night. This condition caused corneal irritation and erosion. Lagophthalmos consists of incomplete eyelid closure, most commonly associated with thyroid ophthalmopathy, but also occurring with ectropion, conjunctival cicatricial diseases, facial nerve palsy, tumors involving the seventh nerve nucleus, and orbital space-occupying lesions. Nonhypnotic treatment for nocturnal lagophthalmos includes patching the eye to protect the cornea, use of lubricants and therapeutic soft contact lenses.

The patient was trained in self-hypnosis and it was suggested that "she could sleep very comfortably all night long with her eyelids completely closed" (p. 266). During the course of her treatment a self-hypnosis tape was also made for the patient to use nightly with "suggestions for relaxation, permissive suggestions for time and space dissociation, permissive amnesia suggestions, and the direct suggestion that her eyelids would be comfortably closed while she slept" (p. 266). The following types of suggestions were reinforced in about eleven appointments. A meaningful image for this particular patient was of her cats sleeping. (*Ed.*)

SUGGESTIONS

Your eyes can be *completely* closed while sleeping; they can close completely when you blink. Your eyelids can be comfortably closed all night, with your lids as if they were sealed. That part of your brain (or back of your mind) that takes care of your body (for eating, drinking, urinating) will keep your eyes closed while you sleep. You will sleep very deeply, comfortably, with your eyes completely closed, like your cats.

When you are deeply relaxed your body functions optimally. Your eyes can produce more tears, just like actors and actresses. Tears will flow more liberally. They can be happy or neutral tears; they don't have to imply unhappiness. Your body takes in a *lot* of liquid, which goes into producing urine, sweat, blood, tears; it can secrete more tears. Your eyes will be very comfortable with the tear ducts producing more fluid. The ducts will become more active, alive, youthful; will produce more fluid like when you have a happy emotion—seeing a baby, a little kitten or a little puppy. The ducts will produce more and more liquid, day and night, and that will feel very comfortable to you. Your eyes will float very comfortably in that healthy liquid. When your eyes move during dreaming they will be bathed in fluid.

[Permissive amnesia suggestions were usually given:] You don't have to pay conscious attention to what I'm saying because what I say is taken in by your unconscious mind. As this material drifts into the back of your mind, you may forget it in your conscious mind. As you forget with your conscious mind, you'll *know* that it's in your unconscious mind. You may or may not remember what I have said; I have been talking to a deeper part of yourself.

Suggestions for Involuntary Muscle Jerking

Valerie T. Stein

INTRODUCTION

These suggestions were formulated and successfully used by Stein (1980) in treating a case of action (intention) myoclonus. The suggestions were used in four hypnotic sessions after induction, deepening, and suggestions for quietness, relaxation, calmness and internal peace. An audiotape to facilitate self-hypnosis was

also made. Sessions were framed as "quiet time" and as a time for healing. Although only the subject of one case report, perhaps hypnosis may hold promise in working with this difficult disorder. I hope the inclusion of these suggestions will encourage such experimentation. (*Ed.*)

SUGGESTIONS

Imagine, now, that hovering over your body there is a globe of bright light; a sphere of warm energy that sends out rays of warmth and healing that penetrate every fiber of your being; body, mind, and spirit. Each ray enters into and merges with the very essence of your being. You can feel the warmth spreading throughout the totality of your body/spirit/mind. This sphere of light and warmth and healing has been sent to you from that which has created and maintains the universe. These rays are warming you, healing you, penetrating and joining with all that is you. Now imagine that these deeply warmly relaxing rays are tapping the powers of the universe and are healing and soothing your spirit, mind, and body. Imagine also, that the sphere itself slowly descends upon and into your being, merging with and becoming part of every aspect of your being, such that now the rays radiate outward from you, forming a glowing shield, encircling your essence. It is warming, relaxing, and healing at the deepest levels of your being. [Suggestions for relaxation, calmness, and quietness were continually repeated. Posthypnotic suggestions for calmness were given.]

Hypnosis with Bell's Palsy

Simon W. Chiasson, M.D.
Youngstown, Ohio

INTRODUCTION

Although we have only anecdotal, uncontrolled reports about the potential contribution of hypnosis with Bell's Palsy, Dr. Chiasson's experience is included for its potential benefit to clinicians. Furthermore, it is hoped that this report may encourage experimental evaluation of hypnotic intervention with Bell's Palsy. (*Ed.*)

THE TECHNIQUE

My results with hypnosis in the treatment of Bell's Palsy have been most rewarding and exciting. Bell's Palsy, along with other neuropathies, is fairly common in obstetrics. One of my friends, a neurosurgeon, claims that it is impossible to close the eye affected by Bell's Palsy or, otherwise, we must be dealing with something else. However, you can use an eye closure hypnotic technique and tell subjects to close their eyes and relax the eyelids so much that even if they try they cannot open them. Then by really trying they can open their eyes. It does not take any effort to close the eyes, but it takes a definite muscular effort to open the eyes. Therefore, I maintain that in Bell's Palsy the eye is kept open by muscle spasm and that when the patient relaxes, the muscle spasm disappears and the eye closes passively. When the hypnosis is discontinued the spasm returns and the eye remains open.

I merely give the explanation to the patient that the nerve is swollen and as the circulation improves the swelling will disappear and the nerve will come back to normal. I also mention taste in my suggestions because in some patients the capacity to taste is impaired on part of the tongue. A paresthesia is often experienced as the nerve is revitalizing. Therefore, I offer the explanation that the feeling of pins and needles is an alarm mechanism and that it is a good sign and means that the nerve is returning to normal. It would be inappropriate to have the patient create an analgesia again through hypnosis because that is what we are working to overcome. I simply tell the patient that since we know that normal function is returning, she might as well be comfortable while this is happening.

These explanations may not be physiologically accurate, but they seem to be reasonable

explanations that are accepted by the patient, and they have produced effective results with five cases. I cannot infer from only five cases that hypnosis is the answer in treating Bell's Palsy. However, I hope that others will pursue the use of hypnosis with this condition, although I also charge you not to neglect any traditional method of treatment.

HYPNOSIS WITH SLEEP DISORDERS

Suggestions with Sleep Disturbance

Richard B. Garver, Ed.D.
San Antonio, Texas

Your unconscious mind has a memory for virtually everything you do, and this includes your sleep behavior. It has a memory for good, high quality sleep, and it has a memory for sleep disturbance. Your unconscious will be selective in reviewing your sleep behavior, and will focus on the memory, the very positive memory, of good quality sleep, sleeping deeply and continually through the night and waking up refreshed in the morning.

[Always include the protective suggestion:] If you need to awaken through the night for an emergency or any physiological need, of course you will do so, but otherwise you will sleep through the night with good, comfortable sleep. Any memories of disturbed sleep will be ignored, and unless there is anything that's important that we need to know about that's keeping you from sleeping, you can sleep comfortably. If it is important that we need to know something that is interfering with your sleep, which is known by your unconscious mind, I suggest that it will surface into your conscious awareness before we meet again, so that you can tell me about it. Or, if we need to at another time, we can ask your unconscious mind exactly what it is that is interfering.

EXPLORATION OF UNCONSCIOUS DYNAMICS. I think it is important to explore unconscious dynamics only if necessary, and not just because the patient is very curious to know what might be interfering. I believe the unconscious mind usually wants to accept a more positive, comfortable, efficient, and effective program, so long as it does not cover up a problem or coerce a symptom away.

SUGGESTIONS TO POTENTIATE MEDICATION. [If it has been deemed beneficial for the patient to be taking a sleep medication for a brief time, another useful strategy is to give hypnotic suggestions to potentiate that drug:] Your unconscious mind will make the best use of these medications, directing them, using them to help you experience a very good quality of rested, continued sleep, until awakening refreshed in the morning. And your unconscious mind will memorize the therapeutic effect of this, and perhaps even the chemistry behind it, so that when you taper off the sleep medication, your unconscious mind will continue to produce the therapeutic effects of that medication.

Suggestions with Sleep Disorders

Doris Gruenewald, Ph.D.
Laguna Hills, California

INTRODUCTION

Following preliminary history gathering and assessment, the induction should be geared toward a relaxed, dream-like state, but always taking the patient's personality and defenses into account. Avoid motor tasks and emphasize fantasy, even if the patient has not shown much talent for it.

IMAGERY

Imagine yourself walking leisurely along a path that winds through . . . [choose the kind of scenery likely to appeal to the patient]. Feel the springy, soft ground under your feet . . . enjoy the green foliage . . . the light, gently weaving through openings . . . the increasing darkness as you enter deeper . . . deeper . . . [etc.]. Soon you see a fork in the path . . . one side leads to a place of deep relaxation, the other side leads more directly to sleep [adapt suggestions to the patient's needs]. You can choose which side you want to enter. [This choice is important for those who have trouble giving up control.] You want to enter the side of sleep. Soon you will feel even more drowsy than you already are . . . drowsier and drowsier . . . sleepier and sleepier. Soon you will drift off into a deep, natural, healthful sleep. [Repeat "sleep." The patient may actually fall asleep, in which case it is well to allow a brief period before awakening.]

STAIRCASE IMAGERY

Imagine yourself going down a softly carpeted stairway . . . slowly . . . step by step . . . you count each step until you are all the way down. [Therapist counts slowly to 10 or 20.] At the bottom of the steps you see a room, and you know that this room is there for you . . . for you alone. You enter this room. It's the most comfortable room imaginable and it looks exactly as you want it to be. [Describe if indicated.] There is a wonderfully inviting bed in this room. You realize immediately that it is there for you. [The patient's own bedroom may be used.] You lie down in the bed and enjoy the comfortable firmness [or softness] of the mattress, the silky feel of the sheets, the pillow adapting itself to the contours of your head. You sense, you know, that this is where you can sleep, as much as you want. Feel the pleasant drowsiness taking over more and more. Before long, you drift off into a natural, relaxing, restoring sleep . . . [etc.]. [If a tape is made of these suggestions, instruct the patient to arrange for automatic shut-off of the recorder.]

Visualization for Treating Insomnia

H. E. Stanton, Ph.D.
Hobart, Tasmania, Australia

1. Visualize a soft, black velvet curtain which has a warm, comfortable feeling about it. As thoughts enter your mind, allow these to drift across the curtain and disappear out of the other side of your mind, then return to a contemplation of the curtain. [Pause]
2. Then imagine yourself on the veranda or patio of a lovely house which has 10 steps leading down to a beautiful garden below. For each step you descend, allow yourself to let go more and more so that, when you reach the foot of the steps, you feel a sense of peace and relaxation. Enter the garden, noticing the colors of the flowers, the drifting clouds, the sound of birds singing, the rustle of leaves in the trees, and the pleasant warmth of the sun. [Pause]
3. Continue to visualize the garden, picturing yourself lying on the grass, enjoying the warmth of the sun on your face. As you lie there, watch the leaves as they fall slowly from the trees nearby, reminding you that it is possible to let go of old problems and worries, allowing them to drop away, just as old leaves drop away from trees, to make way for new growth.

THE TROPICAL ISLAND

In this tropical island fantasy, you visualize yourself standing beside a jungle pool into which a waterfall is splashing. You slide into the pool, finding the water warm and inviting. This warmth begins at your feet and calves, then your thighs, body, arms, and neck as you wade in further, immersing yourself completely.

As you swim towards the waterfall, you notice a flat rock, large enough to stand upon. This you do, allowing the warm water from the waterfall to cascade over your body, massaging it and soothing away all worries, tensions, and problems, leaving behind a wonderful sense of

serenity. Every muscle, nerve, and fiber in your body is at peace.

Move out from under the waterfall and stretch out on the smooth, sun-warmed rock which is surprisingly comfortable. The warmth flows into your body from the rock and, together with the fresh air, the sunshine, and the soft jungle sounds in the distance, creates a comfortable, drowsy feeling within you, a feeling that becomes more and more all-encompassing as you drift off into the realms of sleep.

Hypnosis Techniques with Insomnia

David Spiegel, M.D., and
Herbert Spiegel, M.D.
Stanford, California, and New York, New York

[The Spiegels use a technique similar to their method with anxiety, experiencing floating while viewing an imaginary screen. (*Ed.*)] Patients are instructed that they cannot stop the flow of their thoughts if they are having trouble sleeping, but what they can learn to do is dissociate physical from psychological tension. They are instructed to use a screen to act as a traffic director for their own thoughts, projecting them out onto the screen rather than experiencing them within their body and thereby maintaining a high state of physical arousal that makes sleep more difficult.

Suggestions for Insomnia

Milton H. Erickson, M.D.

You use an awful lot of energy staying awake. You resort to every conceivable measure of preventing sleep. Now, if you sleep and rest yourself thoroughly, you will have an oversupply of energy. What would you really like to do with that energy? What constructive or instructive or developmental project would you like to undertake to use up that extra daily allotment of energy? You've got to direct it elsewhere [rather] than in keeping yourself awake. That nice rest each night is going to replenish your energy. How are you going to use it?

Snoring: A Disease of the Listener

Daniel A. Zelling, M.D.
Akron, Ohio

INDICATIONS AND CONTRAINDICATIONS

Where snoring is a serious problem, clinicians may want not only to treat the spouse as Zelling creatively suggests, but also to be alert to the possibilities of sleep apnea. Referral to a sleep lab will be necessary for accurate diagnosis of this condition. The suggestions that follow will undoubtedly prove most beneficial with patients who enjoy the ocean and sailing or ocean cruises. (*Ed.*)

INTRODUCTION

The myth is that snorers can or should be treated; the truth of the matter is: *snoring is a disease of the listener* and only the listener should be treated. A qualified medical hypnoanalyst can treat the listener not to be bothered by his or her spouse's snoring. After all, the engineer on an ocean liner, with all the noise of the engine room, can sleep when he is off duty. And with self-hypnosis and proper imagery, the listener can learn to ignore the noise or incorporate it into his or her own mental imagery. The imagery that I have found to be very effective is for the listener, in self-hypnosis, to imagine that he or she is on a large, wooden sailing vessel, falling asleep on the deck.

SUGGESTIONS

Have you ever been on a beautiful, ocean-going sailing vessel with the sting of a salty spray on your face? I want you to imagine, to picture in your mind's eye, or to just pretend that you're on a beautiful, large sailboat: The hull is knifing through a surging breaker. You hear the gulls and the creaking of the wooden mast under a full load of canvas: the clatter of the rigging; the squeak of the boom—all the sounds of the ocean and the sailboat. And you feel yourself lulled asleep on a beautiful sailing vessel. You listen to the creak of the wooden mast. It is so relaxing . . . so peaceful . . . the wind in your face; the salt spray from the ocean; and you are lulled to sleep . . .

You can use this image at night. At night when you go to sleep, the noises that surround you can fit into this image. Some of the noises of the house, some of the noises from other people can fit into this beautiful image, as you're on this large, old rigging sloop. So peaceful and tranquil. A quality ship on the high seas.

And you can let this ship take you wherever you want to go. Whether this is a pleasure trip on a Sunday afternoon to Cape Cod or the Bahamas, or yachting on the Riviera. Just close your eyes and allow yourself to be there in your mind's eye. The sounds of the ocean, the creaking of the mast, the sounds and sensations of a voyage. Hear the clatter of the rigging, hear the cries of the distant gulls. All the tension leaves your mind as the boat gently rocks you to sleep; floating . . . drifting . . . dreaming. So relaxed, so peaceful . . . Just sailing away . . . Sailing away . . . See the sun getting lower and lower on the horizon as the gentle rocking motion of the sailboat lulls you to sleep . . . Peaceful and tranquil . . . The creaking of the mast: so peaceful, so comforting. The buoys in the distance, the clanging of the bells on the buoys, as you continue your voyage, hear the bells, feel the rocking motion. Feel, hear and experience this pleasant voyage as you rest . . . really rest. And you can get back on board anytime you want. See what you're seeing now. Feel what you're feeling now, as the sounds fade and you drift. Peaceful and tranquil.

Always allowing yourself time to rest on your voyage of life, on the sea of life. The reassuring sounds of Mother Ocean that people have listened to since the beginning of time. Solid wood under your feet and a tall mast, swaying in the wind as you drift and float and dream, allowing the vessel to take you wherever you want to go as you continue to float and drift and dream.

MISCELLANEOUS MEDICAL APPLICATIONS

Hypnotic Techniques and Suggestions for Medical-Physical Complaints

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INTRODUCTION

The following suggestions and methods reflect Jencks' tremendous breadth of experience with not only hypnosis, but with autogenic training, yoga, mazdaznan, acupressure, massage, meditation, T'ai Chi, Zen, and other Eastern therapeutic measures. There is a simplicity about many of Jencks' procedures. For example, she emphasizes the use of breathing rhythms and often has patients repetitively think suggestions in the form of single words or phrases as they inhale and/or exhale. She has thoughtfully provided us with elegant therapeutic methods for working with a variety of medical conditions not commonly addressed in standard texts. Some of her suggestions are suitable to be given directly to patients, in the

form of posthypnotic suggestions. Many specific suggestions for imagery are also provided. (*Ed.*)

NOSE AND THROAT DISORDERS

GATE. Swallow hard and feel the place in the throat where the constriction during swallowing occurs. Imagine at that place a gate which can be opened and closed at will. Feel the gate closing when swallowing. Allow the gate to open wide during an exhalation. Imagine again the Lake in the Mouth [that the mouth is like a dark, warm cave with a lake at the bottom], and then imagine during exhalations opening a water gate at the place where you imagined the gate. Feel during exhalations the water from the imagined lake stream downward through the throat. Feel how far down into the chest it may flow during consecutive exhalations.

SHOWER OR WATERFALL IN THROAT. Imagine a warm waterfall or shower running down inside the wide open throat during exhalations, or just think "warmth and moisture are flowing down." This is good for soothing sore or dry throats.

NOSE AND SINUSES. Relax the jaw, throat and tongue. Think of the mucous membranes of the nose and sinuses during exhalations. Feel the air stream down. Disregard the inhalations for the present. Feel the spaces become wider during exhalations; feel them become moist; feel them warming.

Compare the effect of exhalations versus inhalations in the nose and sinuses. Feel the warmth and moisture during exhalations; feel the coolness and drying effect during inhalations. Feel widening, softening, and relaxation in the whole mouth-nose-eye area during exhalations. Feel constriction during inhalations.

For a running nose think "cool and dry" during inhalations and "calm" during exhalations, or disregard the exhalations. For a stuffy or dry nose think "warm, wide, and moist" during exhalations and "light" or "opening up" during inhalations, or disregard the inhalations.

A cough or a tickle in the throat may be controlled by using both exhalations and inhalations. Thoughts like "calm," "warm," "moist," "comfortable," or "relaxed" should accompany exhalations, and "fresh," "cool," or "very still," inhalations.

OPHTHALMOLOGIC PROBLEMS

EYE COMFORT. Close the eyes and note how they feel. Are they tense? Dry? Burning? Is there movement? Think of the hollows which surround the eyes. Are the eyes comfortable in their sockets? Consider what might do the eyes good in their present condition and choose from the following. For removing tensions, think "let go," or "loose" during exhalations. Also, the following should be thought or imagined during exhalations. To counteract dryness, imagine the eyeball swimming in a warm saline bath. For calming disturbing movements, think "calm and still," "a calming palm cups my eye," or "dark and comfortable." During inhalations, on the other hand, think "cool air streams through my eyelids," or "light and cool," or use both phases of the breathing rhythm by thinking for burning eyes "moist" during exhalations and "cool" during inhalations, or imagine the eyes "floating . . ." during exhalations, and add " . . . in cool water" during inhalations.

Sit back comfortably and work slowly. Exhale gently and close the eyes. Feel coolness gently streaming up the nose during inhalation. Exhale gently and relax the tissues around the cheekbones and above the eyes. Permit the eyes to move under the closed lids. Relax completely during a deep exhalation. Imagine during an inhalation that the inhaled air streams in through the closed eyelids, and think "my eyes are getting cool." Relax with an exhalation and repeat. Feel the forehead widen and expand above the eyes during inhalation. Relax during exhalation. Repeat. Sit back, relax for a moment, and allow the breathing to resume its natural rhythm.

Follow the above routine as close as possible, and incorporate whatever feels best from the following list of thoughts to be used during inhalations and exhalations respectively. The items in the two columns are interchangeable according to individual needs. Use any or all.

Thoughts During Inhalations

My eyes are getting cool.
My eyeballs shrink.
The space inside my forehead expands.
My eyes feel light.
The space between my eyelids and my eyeballs increases.
My eyesockets expand.
My eyelids become light and thin.
My eyelids float.
The visual center in the back of my head seems refreshed.
The top of my head seems to become wide and open.

Thoughts During Exhalations

My eyes are getting warm.
The pressure around my eyes feels relieved.
The space behind my eyes seems to enlarge.
My eyes become soft.
Moisture fills the space between my eyelids and my eyeballs.
My eyeballs are floating.
My eyelids become soft and warm.
My eyes sink back softly.
My eyes become very relaxed.
My chest and abdomen relax comfortably.

PULMONARY DISORDERS

MANAGING REAL AND APPARENT BREATHING RESTRICTIONS. Work with the imagination is especially important for easing restricted breathing. Imagining anything that will remove a barrier or block, make something impenetrable permeable, soften a hard resistance, or change the direction of a movement may work. Greatest success is attained if the exercise is constructed according to the previous question, "What does the restriction feel like, and what, just in your imagination, could counteract this particular kind of restriction?" Success is highly individual.

SIEVE. The diaphragm may be imagined as being permeable, so that whatever can be imagined to flow through it can do so. The movement during a relaxing "letting go" of the breath during exhalation may be felt as a streaming or flowing downward into the lower abdomen or down and out of the body. It can be felt while lying down, sitting, or walking and will always have a very relaxing effect. Just imagine the diaphragm to be a sieve. Feel during exhalations that something streams downward and outward or downward and inward. Relax deeply with the streaming and allow the abdomen to stay relaxed during the following passive inhalation.

TENNIS COURT. If there is a feeling that not enough air can be inhaled, this exercise is helpful. Imagine that if the surface space of all air sacs of the lungs was spread out, it would cover an area approximately as large as a tennis court. Breathe, and imagine doing it "with the whole tennis court."

VERTICAL BREATHING. This exercise works especially well for real physical restrictions, such as body casts or corsets, but also for being very still and calm for a long period of time as is necessary for an actor on stage when he plays being dead. Breathe very slowly and relaxedly while imagining that the breath moves up and down a vertical tube inside you. This tube can be between throat and pelvis, extend from the crown of the head to the toes, or even extend along the vertical axis of the body out into space.

RELIEVING SHORTNESS OF BREATH. For relieving shortness of breath or the feeling of suffocating, press firmly under the nostrils with two fingertips. Breathe through the nose while moving the pressing fingers outwards toward the cheekbones.

TRAP DOOR. To relieve a restricted feeling in the region of the diaphragm at the end of an exhalation, give the diaphragm a little push with the last breath, and imagine that the bottom were dropping out of the diaphragm, or that it were opening up like a lowering trap door to a room below.

INVIGORATION EXERCISES FOR ALERTNESS

[Jencks invigoration exercises are designed to produce alertness, a "lightness of the spirit," and feelings of being alive. Although many of the exercises involve imagery, some of the exercises may be done with the eyes open, performed in a short period of time, and do not involve hypnosis. (*Ed.*)]

SIMPLE INVIGORATION. Imagine stretching the arms and legs and feel very much alive during inhalations. Also just inhale with an invigorating thought, such as "alive and anew," "aware and awake."

ENERGIZING. Stretch and flex the limbs during inhalation while imagining energy rising up along the spine. Relax, and repeat.

ALERTNESS. If the attention lapses during mental work, inhale and imagine that oxygen comes as energy into body and mind, and that it sweeps away all tiredness and "cobwebs of the mind."

AWAKE BREATHING. If you are not alert enough to be adequate to an occasion or job at hand, your breathing may be too shallow. Allow the breathing to become as awake and aware as the task or situation demands, but at intervals revert to your natural rhythm, allowing sighing or yawning to occur naturally. Again and again enliven your breathing with refreshing inhalations.

SWEEPING OUT TIREDNESS. Exhale forcefully and deeply and imagine that you are sweeping out, flooding out, or flowing out all slag, sludge, and foul air. Then inhale and imagine fresh, cool, vitalizing, invigorating air streaming in. Repeat as necessary.

BODY ALERTNESS. Make a short, quick, alert survey of your body and ask: Do the shoulders allow alertness? Are the eyes alert? Are the ears fully awake and attentive? What about the chest, the arms? Drive out drowsiness where it lingers. Do groins, hips, and buttocks interfere with the alertness of the upper body? Are feet and legs aware and awake? Check once more the head-neck-shoulder region. Inhale and then resume your activity.

ENERGIZING WALK. Do this in reality or in the imagination. Walk rhythmically, about four steps during inhalation, hold the breath for about four steps, and exhale during the next four steps. Adjust the speed of the steps to your physical and mental condition. However, take more steps during exhalations and/or holding the breath than during inhalations. Adjust the vigor of the inhalation to the need of the body. Very consciously end the real or imagined walk with a deep, refreshing, energizing inhalation.

CLEAN AIR. Imagine walking through fog or smog during a long, slow exhalation. Then, during inhalation, imagine coming up and out of the fog or smog into clean, clear, snowy, sunny, cold mountain air.

JOGGING. Imagine jogging leisurely on a good surface in a place which is pleasant and enjoyable. Let it have the right temperature, the right surface on which to run, the right landscaping. Breathe in rhythm with the imagined jogging.

MANHOLE. Imagine jogging happily along or walking rather fast. Suddenly step into an open manhole. Let this surprise take away the breath. No harm was done, but you are really stirred up and awake.

COUNTERSTRETCHING. Strengthen and energize the head and neck region by turning the head

slowly right or left, the chin toward the shoulder, inhaling while turning the head and lowering it toward the shoulder and exhaling while bringing it back to the starting position. Do this so slowly that the motion is barely visible. Breathing in this exercise is opposite to that for relaxing the head and neck and is invigorating.

DOUBLE DOOR. For invigoration of the shoulder and neck region, imagine a double door in the region of the shoulder blades. Allow its two parts to swing open widely during inhalations. Let them close during exhalations. Imagine that a cool, fresh breeze enters while it opens. Become calm and self-possessed while it closes.

FACE TREATMENT. Imagine an invigorating massage of the skin of the face. Imagine drumming on it with the fingertips. Feel a water massage from a refreshing shower or raindrops, or feel little hailstones bouncing on different parts of the face. Feel the deeper tissues massaged during exhalations. Feel the fast, vibrating, exhilarating impact on the skin while inhaling in small, interrupted, almost gasping steps. End with a deep, refreshing inhalation.

ICE PLUNGE. Imagine diving into a pool cold enough to stop the breath. Imagine coming out of the pool and relax. Inhale for new vigor and energy.

COLD SHOWER. Inhale deeply in short steps and imagine the cold water of a shower beating on shoulders, head, chest, and neck. Feel the vibrations and the sting of the cold water jets. End with a deep, invigorating inhalation.

CLIMBING TO AWARENESS. Imagine climbing stairs or a mountain during inhalations. With each step imagine climbing into greater and greater wakefulness and alertness. Keep the exercise short to prevent overventilation.

LIGHT BULB. Imagine a little glowing, warm light bulb on top of your head. Make it float down the back of the head and along the spine during consecutive exhalations while allowing it to warm every vertebra and melting any tensions. Then let it ascend during consecutive inhalations, filling the spine with energy and invigoration.

FINGER AND ARM INVIGORATION. Invigorate the fingers with about five small, strong, flexing movements during a stepwise inhalation. Exhale while letting the hand relax, then repeat. Initiate movement of the arm, hand, and fingers from the shoulder blade region and imagine that the forearms or fingers, like those of a string puppet, are supported and moved by means of strings from an outside force. Remember that lifting and lightness are associated with inhalations. Permit the fingers to be soft, light, liquid, and sensitive, or heavy, precise, and hard like little hammers according to the work they must perform. Experiment with the breathing while doing this, so that it aids the actions.

INTEGRATION BREATH. Imagine or do the following. Hold the arms straight down in front, hands folded, palms down. Raise the outstretched arms slowly above the head during inhalation. Feel the invigoration. Bring the folded hands behind the head and press the palms together about five times while holding the breath. During exhalation raise the arms with the folded hands to full height and slowly lower them to the starting position. Repeat three times.

MENTAL INVIGORATION. Try any or all of the following. Imagine during an exhalation "shaking water off the fur," or "shaking dust off the mind." Then, during the following inhalation, allow clarity, order, and invigoration to enter body and mind.

Imagine during inhalations that coolness and vitality flow into the head. Relax the body during exhalations. End on a refreshing inhalation.

Relax completely during an exhalation. Allow the limbs to become heavy and the mind empty and floating. Then, during the ensuing inhalation, imagine or feel vibrations and think

of physical and mental invigoration and renewal. Repeat about three times.

Do the Long Breath [see this exercise in Chapter 6]. Then after an exhalation, inhale deeply and "send the invigoration up into the mind."

AWAKENING. For awakening after sleep, or for coming out of a relaxed altered state of consciousness, inhale and make small stretching movements with fingers and toes. Either move several times during one long inhalation, or inhale stepwise while moving the fingers. Relax during exhalation. Lengthen the spine during inhalation. Feel it stretch and become longer. During exhalation relax again, but in a more refreshed manner. Then, during the next inhalation, imagine plugging yourself into your new battery for recharging. Repeat this for several inhalations. Then stretch and flex the limbs, inhale, and start getting up. If young and healthy, get up with an inhalation to increase vigor and vitality. If weak and not so healthy, get up during an exhalation in order to preserve strength and avoid wasting energy.

CONSERVING AND INCREASING ENERGY

[In addition to the following exercises for enhancing energy level, Jencks advocates building as many rest periods as possible into one's daily routine and keeping the body as relaxed as possible. (*Ed.*)]

GOLDEN THREAD. For being calm and relaxed, yet feeling alive, imagine a golden thread through the crown of the head and down the spine. Imagine that this thread is your center of calmness.

SOLAR PLEXUS OR STORAGE BATTERY. The solar plexus is a network of nerve fibers, located at the level of the sternum, behind the stomach, in front of the spine. Its fibers radiate like a sun. The solar plexus region is a very good place for storing and conserving energy in the imagination. Inhale and exhale while imagining charging a battery there, or filling a reservoir with energy.

RESERVOIR OF ENERGY. Create a reservoir for conserving and holding energy in the lowermost abdomen, in the region of the navel, or in the chest. Get energy during inhalations. Hold it, and possibly increase it while holding the breath. Think of endurance during long, slow exhalations. Imagine during inhalations that something starts glowing within you, or imagine a beam of light in the reservoir. Relax those parts of the body which are not involved in the building of the energy reservoir during exhalations. Use the reservoir as a place from which to draw energy in an emergency. Energy can thus be built up and "preserved" for several days before some event, in order to reach a peak of energy for a game day, a contest, or in a special event.

CALM BASE. For being still and calm, inhale and exhale a few times deeply. Then find a comfortable balance between relaxation, tension, and real or imagined support for the limb, the whole body, or the mind, whatever is to be the "calm base." From this base let well-aimed aggression proceed, be it in pistol shooting or in an argument.

PUMPING STRENGTH. Breathe in and out sharply and imagine pumping energy and strength directly into any body part or limb which needs it. End the pumping with an inhalation. If an exertion follows, hold the breath for this.

ATHLETIC WARM-UP. The efficiency of a warm-up is increased and muscles remain more relaxed and invigorated if movements are consciously made as follows. For greater flexibility make forward movements and stretch, or overstretch, during exhalations. For invigoration make forward movements and stretch, or overstretch, during inhalations. Mix the two consciously during the warm-up. Inhalation also develops tension, and stretching during inhalation should alternate with relaxation during exhala-

tion, so that the proper balance between the two is maintained.

PARTIAL RELAXATION AND INVIGORATION. Relaxation or invigoration alone may not be appropriate. Learn to combine invigoration of one part of the body, or tension of one part of the body, with relaxation of other parts. Remember that exhalation produces relaxation and inhalation produces invigoration or tension. Learn to bring a specific part of the body to the required state of invigoration or tension, and then relax the rest of the body. For example, relax shoulders and neck during exhalation, and during inhalation invigorate an arm for special movement, such as playing an instrument or a throw in athletics. Unnecessary tension in shoulders and neck hinders the freedom of the arm for easy, yet controlled, movement and must be released with exhalations.

ENDURANCE. Endurance may be increased by alternate relaxation and invigoration. If, for instance, an arm must be held for a prolonged time in a raised position, feel it light and invigorated during inhalations, feel it relaxed and easy during exhalations. Design your own exercises for increasing endurance using the entries in the table [found in Chapter 6].

EFFICIENT HANDS. To prevent tension while writing or working with the hands, imagine initiating the movements from the shoulder blade region or the elbows, not from the forearms or hands. Let the shoulders sink and relax the arms and hands repeatedly while working. Invigorate the fingers periodically by making small flexing and stretching movements.

DELEGATING ENERGY. Imagine the Rubber Joints [an exercise where ankle, knee and hip joints are imagined as flexible rubber] for relaxation and balance. Then, during an inhalation, gather the full breath and imagine during the next strong exhalation forcing all the inhaled oxygen into back, arm, fingers, or wherever energy is needed, for forethought, energetic action.

COUNTERACTING NAUSEA

Imagine inhaling "coolness" into the stomach area and exhaling through a place in the body as far removed from the stomach as possible. Then try to talk to the stomach and tell it to relax and calm down. Nausea is evoked by the parasympathetic nervous system. Do anything possible to divert the mind at the same time as stimulating the sympathetic nervous system.

GENITO-URINARY DISORDER

EXCRETION. The excretion of urine, feces, and menstrual flow can be influenced by the imagination and the breathing rhythm. The general rule is that increased excretion is evoked by thoughts of warmth, relaxation, or flow during exhalations. Decrease is effected by thoughts of tension, stoppage, or cold during inhalations. Depending on the purpose, inhale, tighten the muscles, and think "hold!" or "cold!" or relax during repeated exhalations and think "warm and comfortable" or "movement and flow are easy."

Paradoxical Self-Hypnotic Assignment for Chronic Urinary Retention or "Bashful Bladder"

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[This approach was utilized in a case report, following self-hypnosis training through an eye-roll technique with the patient.] The patient was also given an "assignment" to go to the ladies' room at work every 45 minutes, preferably when others *would be present*. She was then instructed to "drop her drawers," position herself on the toilet seat, ready herself to void and then to roll her eyes upward and "let it happen." But, she was told that the purpose of the exercise was *not* to have her urinate but to have her more relaxed and accustomed to the

restroom setting. She was to wait only a brief period for the relaxation to take effect (perhaps a minute or so), then leave. She was not to expect any urine output immediately.

Hypnosis in Postoperative Urinary Retention

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INTRODUCTION

There is not one gynecologist or surgeon who has not been plagued by the vexing problem of urinary retention, especially following extensive anterior colporrhaphy; however, it may occur following abdominal surgery or a hemorrhoidectomy. The problem may occur seldom or often, depending on the surgery performed or the individual involved in the procedure. I believe that the most frequent reason for the problem is the discomfort in the operative area, causing reflex bladder spasm. The only genuine anatomical obstructions are due to incorrect estimation in a sling procedure or overcorrection of the suburethral area with resulting spasm and edema.

This technique is not very time-consuming. It takes only about 10 to 15 minutes, time well spent in patient-physician relationship. I am reporting here the verbalizations used in successfully treated cases.

PROCEDURE AND SUGGESTIONS

CHIASSON'S INDUCTION. The patient is lying in bed, as comfortable physically as possible. She is properly oriented in understandings of hypnosis, and any special questions about hypnosis are answered. She is told to put her hand in front of her face, about 8 to 10 inches away, with the forearm parallel to the body. The fingers are held together and the hand is turned so that the patient is looking at the back of the hand. At this moment the verbalization is begun:

"Watch your hand and, as your fingers begin to separate, your hand will feel lighter and will gradually float down towards your face. When your hand touches your face, your eyes will close if they are not already closed, and you will become completely relaxed. [This is repeated until the desired effect is initiated.]

"As your hand comes closer and closer, your eyelids will get heavier and heavier. It doesn't matter which part of your hand touches your face: it may be your thumb, the back of your hand or your fingers, but when your hand touches your face, you will feel deeply relaxed.

"That's fine. Now that your hand has touched your face, let it move slowly down to your side and as you do so you can become even deeper and deeper relaxed. [The patient is then given suggestions to relax all muscles from the tip of the toes to the top of the head.]

"To help you get more deeply relaxed, imagine that you are standing at the top of a nice wide stairway with soft carpeting on the stairs, and as you come down the stairs you go deeper and deeper into relaxation.

"You step mentally on the first step and the carpeting is soft and thick, and the padding is thick underneath it. This gives you such a nice, pleasant, comfortable feeling that you want to transmit it to your whole body, and you feel more comfortable and more relaxed.

"You make every muscle in your body twice as relaxed as it was a moment before [each such suggestion for various muscle groups is timed with the patient's breathing and is given as she exhales]. Let your toes relax—feet—ankles—heels—legs—knees—thighs—hips—all the muscles in your pelvis—your abdomen (from your chest margin down to the middle of your thighs, inside and out, front and back)—all your chest muscles, and with each breath you go deeper and deeper—all your back muscles—your shoulders and arms—elbows and wrists—hands and fingers—all your neck muscles—every muscle in your face and even the muscles of your scalp and forehead. Nice and loose and relaxed, twice as relaxed as they were a moment ago.

"You get on the second step and the carpet is thicker and the padding is thicker and you feel more comfortable and more relaxed, and again you let every muscle become twice as relaxed as it was a moment ago.

"You get on the third step and the carpeting is so thick that it feels almost like sponge rubber. You go deeper, deeper and deeper, and again you let every muscle become twice as relaxed as it was a moment ago.

"When you get on the fourth step, the carpeting is so thick it feels as if you were walking on three to four inches of sponge rubber, and you feel more comfortable and more relaxed. You go deeper and deeper, and again you let every muscle be twice as relaxed as it was a moment ago.

"On the fifth step the carpeting is so thick it feels as if you were walking on air. You go deeper, deeper and deeper—and again, you let every muscle be twice as relaxed as it was a moment ago.

"On the sixth step it is as if there was no step at all, just as if you were walking on air. You feel more comfortable and more relaxed, no tension and no resistance. You go deeper, deeper and deeper.

"You get on the seventh step and it is just as if you were floating on a cloud—a nice soft, white, billowy cloud, and you feel more relaxed and go deeper, deeper and deeper.

"On the eighth step just imagine it pulling out wide like a big foam rubber mattress and your whole body melts right into it, right into it, and you get a pleasant, heavy feeling throughout your whole body. You go deeper and deeper.

"On the ninth step it is as if there were no step and no mattress, just as if you were floating along on 'Cloud Nine' with a pleasant, heavy, comfortable feeling and you go deeper, deeper and deeper.

"When you reach the tenth step you have reached the spot where, with every breath, you can go deeper and deeper until you reach the deepest point of relaxation for you at this particular time.

SPECIFIC THERAPEUTIC SUGGESTIONS. "As you continue to relax you will become aware of all of the relaxation in the pelvic muscles. The circulation will be better, your healing will progress more rapidly. When you feel the pressure building in your bladder and all the muscles around the neck of the bladder relaxing, raise your right index finger. [Alternately, an involuntary ideomotor signal may be called for. (*Ed.*)]

"That's fine. Now when I count to three and you become completely alert you can retain the relaxation in your pelvis, and you will be able to empty your bladder, and each time you will do it more and more easily."

Hypnotic Paradigm-Substitution with Hypochondriasis

Thomas Deiker, Ph.D., and
D. Kenneth Counts, Ph.D.

INTRODUCTION

These suggestions were used successfully in a single-subject design study (three sessions) in treating a 59-year-old woman with hypochondriacal neurosis. Her symptoms included weakness, low energy, nausea, diarrhea, and dizziness in the absence of medical ailments. Importantly, she also stated, "I haven't got any family or personal problems." She spent a great deal of time lying on the sofa. "The experimental paradigm-substitution sessions consisted of providing detailed cognitive beliefs relating to general mental health concepts, which were suggested to be incorporated amnestically between sessions." Although these illustrative suggestions were from only one session and are specific to the case, they illustrate a technique that may have potential benefit with hypochondriasis and that provides an alternative to uncovering and insight-oriented treatment methods. Since psychophysiologic complaints may both cover serious psychopathology or stem from organic conditions, how-

ever, clinicians are encouraged to do careful psychological and medical evaluation prior to using such techniques. (*Ed.*)

SUGGESTIONS

When you wake up you will feel as relaxed as you feel now, but there will be a change, an important change that will affect your daily life. The change will be in your mind, the way in which your mind works, the things that your mind thinks about. It's not that you will have no more problems, just the *kind* of problems you have, the kind of problems your mind thinks about, will be different. When you wake up you will think of yourself as a person with "problems in living." Everyone has problems in life. Problems in living. Sadness or nervousness bother most people at times. These feelings could have many sources, problems with family or friends. Feelings of loneliness or lack of purpose are other problems in living, or feelings that the future has little to offer. These are the problems that bother many people. Maybe some of these bother you. Maybe it's something else. You haven't had time to think about these important problems because of your other concerns. Now you will have time to do so, because your mind will be very curious to discover such problems in living in your own life, and you will be very eager to discuss them and solve them, because one of the changes in your mind will be much greater confidence in being able to solve these problems with hard work. Your other problems won't have gone away, but they will seem less important than these problems of living. You will feel good about yourself, proud of your courage and honesty in dealing with important problems in life. These problems will be just as important as your other problems, just as serious, interfere with your life just as much, will bring you the sympathy of those around you, but will be ones that you can solve, that hard work will overcome. Your other problems, your physical problems, worrying about physical problems has prevented you from being able to devote your energy to these more important problems in living. That is another reason that physical problems, even though they are still there, will not seem as important, you won't spend as much time and effort thinking about those problems, not even important enough to spend time thinking or talking about.

Suggestions with Asthma

Don E. Gibbons, Ph.D.

If you ever feel any more attacks coming on, or even if one has already started, you will be able to place yourself in trance very rapidly, just by closing your eyes and silently repeating the necessary suggestions to yourself. Then you will be able to drive away the symptoms completely by slowly counting to fifty, with each count taking a deep breath and clenching your fists, and then unclenching your fists and letting your body relax as much as possible each time you let a breath out, silently repeating to yourself the word *calm* each time you exhale. And when the count is completed, you can terminate the trance in the usual way, feeling fine once more.

Suggestions for Prevention of Seasonal Allergies

Hans A. Abraham, M.D.
Palm Beach, Florida

The vast expanse of the United States has some blooming or pollinating plants at all times. There will be some pollens in the air at all times, not enough to cause symptoms. Nevertheless these minute amounts of pollens enter the system and will act similarly as the desensitizing injections from the allergist. There will be a gradual increase of the airborne pollens, desensitizing your body. When the pollen season in your area is upon you, you will be prepared, and although there may be some symptoms in the first year, they will not be

enough to cause any disability. And season after season, the symptoms will be negligible until they have disappeared completely.

Erickson's Metaphor with Tinnitus

Milton H. Erickson, M.D.

Now I am going to give you a story so that you can understand better. We learn things in a very unusual way, a way that we don't know about. In my first year of college I happened to come across that summer a boiler factory. The crews were working on twelve boilers at the same time, and it was three shifts of workmen. And those pneumatic hammers were pounding away, driving rivets into the boilers. I heard that noise and I wanted to find out what it was. On learning that it was a boiler factory, I went in and I couldn't hear anybody talking. I could see the various employees were conversing. I could see the foreman's lips moving, but I couldn't hear what he said to me. He heard what I said. I had him come outside so I could talk to him. And I asked him for permission to roll up in my blanket and sleep on the floor for one night. He thought there was something wrong with me. I explained that I was a pre-medical student and that I was interested in learning processes. And he agreed that I could roll up in my blanket and sleep on the floor. He explained to all the men and left an explanation for the succeeding shift of men. The next morning I awakened. I could hear the workmen talking about that damn fool kid. What in hell was he sleeping on the floor there for? What did he think he could learn? *During my sleep that night I blotted out all that horrible noise of the twelve or more pneumatic hammers and I could hear voices. I knew that it was possible to learn to hear only certain sounds if you tune your ears properly. You have ringing in your ears, but you haven't thought of tuning them so that you don't hear the ringing* (p. 104). . . . And you think back; *there are a goodly number of times this afternoon when you stopped hearing the ringing. It is hard to remember things that don't occur. But the ringing did stop. But because there was nothing there, you don't remember it. . . . Now the important thing is to forget about the ringing and to remember the times when there was no ringing. And that is a process you learn.* I learned in one night's time not to hear the pneumatic hammers in the boiler factory—and to hear a conversation I couldn't hear the previous day. . . . I knew what the body can do automatically. [Pause] *Now rely upon your body. Trust it. Believe in it. And know that it will serve you well.*

Procedure with Difficulty Swallowing Pills

Irving I. Secter, D.D.S., M.A.
Southfield, Michigan

I want you to visualize someone other than yourself, who has the same problem you have. Signal that you can see this person sharply and clearly as if on a TV or motion picture screen, by letting your right index finger come up. [Patient signals.]

Notice this person is trying to swallow a pill. He chokes on it. His throat muscles tighten and he fails to swallow the pill. You know how he feels, don't you? Signal "yes" with your finger. [Patient signals.]

Is this person male or female? [Patient responds.] Observe now, our friend has been given the signal to "relax." He [or she] does so completely, mentally and physically. His throat muscles relax and he feels good all over. Note that you can share these feelings with him, too. Acknowledge this with the finger signal. [Patient signals.]

Now let our friend disappear from the picture and see yourself there in his place. OK? [Patient responds.] Now see yourself on the screen getting the signal to "relax." Do so completely, mentally and physically, both on

the screen and in person. See yourself swallowing a pill without any difficulty and take pleasure in your success. From now on, whenever you need to swallow a pill or anything else that has given you difficulty, the touch of the pill to your tongue can be a signal for complete relaxation, and the pill can go down without any difficulty. Are you willing for this to happen? [Patient responds.]

Shall we practice this in the alert state?

Suggestion for Alleviating Hiccups

Gerald J. Mozdzierz, Ph.D.
Hines, Illinois

INTRODUCTION

This suggestion pertains to helping children and adults to rid themselves of a case of simple hiccups. This distressing symptom can interfere with a clinical interview or physical exam, and yet I have found that it can be quickly relieved. I have no knowledge of the derivation of this technique or if it has ever been described in publication form. I only know that I have used this approach to help any number of people to rid themselves of this oftentimes distressing spasming of the diaphragm which results in an abortive attempt to inhale.

THE TECHNIQUE

The technique begins with the common practice of eliciting the patient's permission. Thus the patient is asked if he/she would like to be rid of the hiccups. Most often the person will respond affirmatively. It is always better to elicit permission for such simple procedures since it demonstrates respect for the patient and greatly facilitates cooperation and therapeutic efficacy.

Next, the person is asked, "Please stare in my eyes and make every effort not to blink. That is all that is required. Breathe normally . . . that's right . . . just continue to stare in my eyes and breathe normally. That's right."

The suggestion above may be repeated over and over with simple variations. I have usually found the suggestion to be successful within one minute. I have no idea why the procedure is effective; I only know that it is very effective. One can speculate that the patient is completely distracted and, hence, relaxed by the eye fixation and attempting not to blink, so that normal breathing is returned.

The therapeutic effectiveness of the procedure can greatly enhance the credibility of the therapist for helping the patient to be relieved of this discomfort. Of course, the therapist should politely give credit to the patient for effecting the "cure."

HYPNOSIS IN OBSTETRICS AND GYNECOLOGY

INTRODUCTION

Hypnosis has been widely used in obstetrical care, particularly in hypnotic childbirth training. August (1960a), for example, performed more than 1,000 deliveries using hypnosis as the sole anesthetic. There are a variety of advantages that may result from the use of hypnosis in obstetrics. Hypnosis may be successfully used to reduce pain in delivery, reducing the need for medications and chemo-anesthesia, thereby eliminating its risks and post-delivery effects for both mother and child. It may additionally facilitate comfort in suturing the episiotomy. Hypnosis has proven successful as the sole anesthetic for childbirth in between 58% and 79% of cases (August, 1960, 1961; Fuchs, Marcovici, Peretz, & Paldi, 1983; Mody, 1960; Mosconi & Starcich, 1961), with an average among studies of 69%. Another potential advantage of hypnosis is seen in the widespread reports suggesting that it may reduce the average duration of labor by two to four hours (Abramson & Heron, 1950; Callan, 1961; Davidson, 1962; Fuchs et al., 1983; Mellegren, 1966).

Hypnosis has also proven extremely effective in the treatment of hyperemesis gravidarum, vomiting in the early stages of pregnancy. Success rates of 75% and greater are common with this problem (Fuchs, 1983; Fuchs, Brandes, & Peretz, 1967; Fuchs, Paldi, Abramovici, & Peretz, 1980; Henker, 1976).

Another important area of hypnosis application is in the care of patients with problems of premature labor. The incidence of premature labor has not decreased significantly in recent years (Caritis, Edelstone & Mueller-Heubach, 1979), despite advances in technology; hypnosis has the potential to enhance patient care and minimize risks and expenses for such patients. Hypnosis and self-hypnosis training may modify negative attitudes, anxi-

eties and fears concerning childbirth. Zimmer, Peretz, Eyal and Fuchs (1988) recently found that mothers who used hypnosis for anxiety and stress management had fetuses who moved in a much more active manner than a control group.

More impressively, Omer (1987) and Omer, Friedlander and Palti (1986) have documented that brief hypnotic interventions produced significantly greater prolongation of pregnancy in women with premature labor than a medication treatment group, confirming earlier case reports (Lugan, 1963; Schwartz, 1963). Omer's approach to managing premature labor is presented later in this chapter.

Finally, it should be noted that hypnosis has also been used to promote and to suppress lactation (August, 1961; Cheek & LeCron, 1968; Kroger, 1977) in obstetrical patients.

Like any other therapeutic method, hypnosis has limitations. Obstetrical hypnosis requires that the patient have some hypnotic training prior to delivery, and, of course, not all patients will be adequately responsive to hypnosis. However, group hypnotic training is often conducted in a way that enhances rapport and satisfaction with patients and requires minimal time.

Hypnosis has also been used to treat a variety of gynecologic complaints. I have personally found hypnosis to be of considerable benefit in evaluating and treating dyspareunia (painful intercourse), and I have successfully treated (with long-term follow-ups) several chronic and resistant vaginitis (vaginal infection) cases. Hypnosis has been successfully used in the treatment of dysmenorrhea (painful menstruation) (Leckie, 1964), amenorrhea (Crasilneck & Hall, 1985; Erickson, 1960; Van der Hart, 1985), leukorrhea (vaginal discharge) (Leckie, 1964), pseudocyesis (false pregnancy), and post-menopausal symptoms (Crasilneck & Hall, 1985).

In approximately 50% of infertility cases the cause cannot be determined. It is widely believed that a proportion of these cases result from psychological factors—a belief that is reinforced by the common experience of couple's finally adopting a child out of frustration, only to conceive a child of their own a few months later. Unfortunately, we only have uncontrolled and anecdotal case reports (e.g., August, 1960b; Leckie, 1965; Muehleman, 1978; Wollman, 1960) of the potentially positive impact of hypnosis with resistant infertility. This is an area of potentially fruitful research.

We should also be aware that there is a variety of painful gynecologic procedures for which hypnotic analgesia may be helpful. Finally, there are several well-done investigative reports (Stalb & Logan, 1977; Willard, 1977; Williams, 1973) documenting that hypnosis may be used to induce breast growth. We do not yet know whether this phenomenon is mediated through vascular flow changes, endocrine effects, or a combination of the two, but it illustrates the power of mind-body interaction.

OBSTETRICAL HYPNOSIS: CHILDBIRTH TRAINING

Group Hypnosis Training in Obstetrics

Simon W. Chiasson, M.D.
Youngstown, Ohio

INTRODUCTION AND OVERVIEW

When I initially began using hypnosis, I treated patients on an individual basis. But after the original fascination wore off, I discovered that I was using up too much time. Therefore, I adopted a group training model with which I have been very pleased.

I consider the following aspects most important:

1. Group hypnosis training saves time for me.
2. I spend one and a half hours twice a month with the group and this allows a larger number of patients to achieve a greater depth in the hypnosis and to be exposed to a greater variety of techniques.
3. The patients are able to exchange experiences in the group.
4. The answers to questions by any member of the group help the entire group.
5. The spirit of competition helps some patients to attain a greater depth.
6. Group preparation is stressful for some patients. However, if patients who are rather anxious in groups are still able to achieve a hypnotic state under these conditions, they will have a better chance of achieving it in labor, which is another stressful condition.
7. The classes give a much better chance to educate the patient about the misconceptions that make labor and delivery such an ordeal.

I use a permissive technique that also enables me to help patients from outside my obstetrical practice. Many patients are referred to me with problems amenable to hypnosis. If I were to take time with each patient referred or asking for help with hypnosis, I would have to give up obstetrics and gynecology. However, I can accommodate a great number of these patients by teaching them hypnotic techniques in the group situation and then spending a short period of time with them on an individual basis.

I make no effort to induce my patients to use hypnosis. However, because of past patients who have used hypnosis and referrals for hypnosis, I still have a great many who choose this modality. Because of the understanding of hypnosis that the teachers of Lamaze have in our area, they no longer resist the use of hypnosis. At one time they felt that if a woman was using Lamaze she was controlling the situation, but if she was using hypnosis she was under someone else's control. I was able to demonstrate to them that their use of methods like eye fixation and breathing and counting were actually self-hypnosis. I helped them realize that no one actually hypnotizes a patient, but that we are teaching women how to go into a hypnotic state and use it for their own benefit.

I use a permissive approach with my patients. They are invited to come in and observe at least one class. At this time every effort is made to correct any misconceptions they may have concerning hypnosis and to give them a basic understanding of how hypnosis can be beneficial for them. It is explained that only 20%–35% of patients are able to go through labor and delivery using hypnosis alone. However, it is explained that, if they do need medication or anesthesia, less will be required than without hypnosis. They are informed that if they do not feel completely relaxed they may ask for medication to help them. They are told that they never have to feel that they are letting me down if they do not use hypnosis all through the delivery. After all, they are using hypnosis for their benefit, not mine.

I no longer use any one particular induction technique; rather, I seek to fit the technique to

the individual. But, since I am using a group approach with about 20–25 patients, I have them close their eyes and I tend to use a counting technique, counting backwards from 100 to 0. I go from 100 to 80 in increments of 1, and then from 80 to O in increments of 5. I also offer suggestions after each count of 20. After counting down to 0, I ask them to picture themselves doing something they would find particularly enjoyable. It is suggested that, as this becomes more and more vivid, they can go deeper and deeper.

I no longer use dissociation to imaginal scenes during delivery. I used that technique in the very beginning. However, it seems silly to me to have a woman taking an imaginal trip 1,000 miles away on a beach, or even imagining sitting in a chair observing the birth process, while she is delivering. I believe that she should know that she is having a baby but that it does not have to be painful. Nevertheless, dissociational procedures are valuable when repairing an episiotomy, although even in this situation I give patients a choice of technique. I ask, "Do you want to simply picture yourself doing something enjoyable or do you want me to use a local anesthetic?"

TECHNIQUES AND SUGGESTIONS

The verbalizations I use for obstetrical patients vary with the problems. I usually give the following suggestions at every 20 number interval (e.g., at 80, 60, 40, 20, and 0) during the counting technique.

"The remainder of your pregnancy will be so much better. Your labor will be shorter, easier and safer. Your stay in the hospital will be so much better. When you are in labor and when you are in the hospital, you can use your contractions to get more and more relaxed, and to make every muscle in your bottom nice and numb, loose and relaxed. [These are the muscles that have to relax when the head is coming down and delivering.] If I put my hand (or if the nurse or your husband puts a hand) on your shoulder, you can use this as a signal to go deeper and deeper."

While the patients are deeply relaxed they are told about the "breakthrough periods," and how to use them to their advantage. First, when they are 6–7 cm. dilated, they may feel discouraged and that they are not getting anywhere or that no one is paying much attention to them. They may even feel nauseated. It is explained that if they are checked at this time and found to be 6–7 cm. dilated, then they should know that within a half an hour or less they will be completely dilated.

The second "breakthrough period" is just before they are completely dilated. They feel like pushing and if they push they feel uncomfortable because they are pulling down the whole uterus. It is not helpful to tell them not to push; instead they are told to take in a big breath and let it all out, or pant like a puppy, and then they cannot push. The last "breakthrough" is when the head comes through the cervix. Sometimes this occurs suddenly and with great force. They are told that this is what they were waiting for. If they have had a baby before, they will be ready to deliver in three or four contractions. If this is their first baby, they can use the contractions. "By pushing down, the more you push, the better it feels. And with each contraction, you can relax more and more, and make all the muscles in your bottom nice and numb, and loose and relaxed."

Patients are also told that when their contractions are 10 minutes or less apart, they should get ready to go to the hospital. "And when you get in the car, you can feel just as if you are sitting in this chair. And by merely putting your right hand on your left shoulder, and closing your eyes, picturing a color, and taking a deep breath, as you gradually let that breath out, and that hand sinks all the way to your side, you will be deeply relaxed." Patients are told to repeat the self-hypnotic induction again in the prep room to make the prepping and examination comfortable. "And each contraction and each background sound or noise will simply help you stay more relaxed." They are further told, "The remaining part of your pregnancy will be so much better. Your labor will be shorter, easier and safer, and your stay in the

hospital will be so much better." They are also instructed to practice self-hypnosis.

I stress relaxation primarily, but glove anesthesia may be produced during a group session and transferred to the chin with suggestions to keep the numbness in the chin for five minutes after alerting from trance. This serves the purpose of providing trance ratification. It is pointed out that they can transfer the numbness anywhere.

I seek to see the patient in labor when she is 2½–3 cms. dilated. If I am delayed, however, our nurses and residents are familiar with supportive measures and are very helpful. If the patient is having difficulty relaxing, the resident usually asks what method she uses to relax, and during the process of explaining her self-hypnotic technique, the patient will usually induce a hypnotic state. If the patient needs medication it will usually not be until shortly before delivery, and then in most cases she will only require 25 mg. IV of Demerol.

SUGGESTIONS FOR HYPEREMESIS. "You can replace the dirty metallic taste in your mouth with a minty taste or the taste of your favorite toothpaste. And as you relax more and more, all your muscles will be twice as relaxed and your circulation improves on the inside and outside of your body, especially through your intestinal tract. As the circulation improves, all the peristaltic waves, the waves that move the food along the intestine, will be nice and smooth, beginning with the esophagus, the tube from the back of your throat to your stomach. And the food will go down nice and easy, and be broken up in the stomach and passed to the small bowel to be digested and absorbed. All the peristaltic waves will be nice and smooth. Each time you brush your teeth, you will reinforce the nice relaxed feeling and have this pleasant taste in your mouth."

EXCESS FLUIDS. "As the muscles relax more and more, the circulation improves on the inside and outside of the body, bringing the fluid back into circulation from the tissues, and helps the kidneys to work more effectively."

HEADACHES. "As the muscles relax, the circulation improves on the inside and outside of the body, especially through the brain. And since the circulation is normal, the vessels will not dilate or constrict; therefore, there should be no headaches."

Outline of Hypnotic Suggestions in Obstetrics

Bertha P. Rodger, M.D.
Palm Harbor, Florida

ADVANTAGES

- Versatility, flexibility, *adaptability* to individual and situation.
- Reduces or eliminates *drugs* for sedation, analgesia, anesthesia. *anxiety* and *pain* controlled without interference with physiology of mother/child.
- Answers *dependency* need, fostering mother's *maturity* as she learns to *pursue goal* despite suffering or difficulty. Satisfaction and *joy* in participating, whatever the circumstances.

PREPARATION

- Weekly *classes* of 10-20; question and discussion *save time*.
- Present as natural, *inborn ability* to control input for purpose of controlling output (behavior).
- Methods of *induction* and *deepening* taught as *auto*hypnosis.
- *Stages* of labor explained, special approaches suggested.
- Posthypnotic *suggestions* with a copy to *take home*. Rapport established with person of choice for *reinforcement* prn.

LABOR

- *Normal, psychological act* (as such, does not have to cause pain!).

- Does not have to be learned. *Body knows how*! Made to perform appropriately.
- Done *unconsciously* so the less attention to it, the better. *Muscles* of arms, legs, digestive tract, uterus, *contract* and do their work. *Recognize* the *pleasant sensations* of *hardening*: the feelings of accomplishment and *strength*.
- *Contractions* = *powerful* mechanism by which baby will be born into world. Hard work gives greatest satisfaction. *Look forward* to this result. Parents truly *co-creators* with God, bringing new life into the world.
- Term "*labor pain*" common. *Transpose* to "*contraction*." *True meaning* = a most useful device, a *tightening* and hardening which = *motor* part.
- *Welcomed* as each brings *goal* nearer. Stirs emotions of *placidity*.
- *Calmness* and pleasant *anticipation* of *fulfillment*. Use as a *signal* to go into *trance* as needed, relaxing excess tensions so *energy* goes where it's needed. Come *out* of trance as if from a pleasant *nap*, *refreshed* and *happy*. As *cervix* dilates from 1-10 cms., can go *deeper* and deeper and be *more* and more *comfortable*. (*Saves* both psychic and physical energy as both cervix and perineum relax in readiness for delivery.)
- *Full dilation*: *Familiar* sensation as head moves into birth canal. Signal to *notify attendant*. Important *step* forward. Now any discomfort in sacral area and thighs disappears spontaneously. Strong *desire to push* is *controllable* according to instructions. *Pressure* of descending head *numbs* unpleasant sensation (like elastic band on finger).

CONDUCT OF LABOR

Stage 1. Free to *enjoy* resting, relaxing, *reverie* of all the happy experiences leading up to your becoming a *co-creator* with God; *all love* in your life . . . whole *mosaic*. Can go into *trance* with each contraction, even each procedure (enema, IV, etc.). Report unmistakable change to next stage.

Stage 2. Need to be doing something *active*. Counting Techniques, especially *pendulum* (e.g., counting a pendulum swinging from 1 to 100, or 2 to 99) or counting time in seconds, starting with 100, 99. Can *notice* how *pressure* actually does numb birth canal. Increasing *anticipation* of *seeing* baby . . . look forward to *holding* it. . . . Watch what is going on in the *mirror*.

Stage 3. Attention focused on *baby*, bath, footprinting, etc. Time to *review* with crystal clearness all the interesting and *delightful* sensations and experiences connected with having a baby so as to *share* when you wish.

Walking upright (as if with book on head) and *sitting squarely* numbs area of episiotomy nicely. (Minimizes irritation of rubbing buttocks).

Own doctor will tell you what *signs* to watch for, appraise you of what to expect, interpret what is happening and how you can help.

POSTHYPNOTIC SUGGESTIONS FOR LABOR AND DELIVERY

1. Each contraction can be considered as a pleasing occurrence, drawing you nearer to your goal . . . bringing a new love for your enjoyment.
2. You can feel it as a hardening, a tightening, a wonderful power working for you. You can welcome it, using it as a signal to go deeper into the state of comfort (trance).
3. The moment it starts to go, you can forget it completely. It has passed.
4. You need pay attention only to the voice speaking directly to you.
5. You can be quite calm, confident and cooperative throughout.
6. A pleasant sense of anticipation can replace any apprehension.
7. You can recuperate quickly, completely and comfortably.

ADDENDA

- You can feel your contractions to the point of satisfaction of your own curiosity, enabling you to share the experience with the rest of the female population who have had babies, assured thereby that you are really dealing well.
- You may feel it necessary to pay for this joyful experience with some pain, or need some TLC after it. Turn on your abdomen, relax into a lovely lassitude while gravity aids in draining all congested areas and realize you don't need those pills after all!
- Prolonged contraction of muscle in fear or in splinting causes it to ache just because of interference with its circulation.
- The odds are tremendously in favor of having a healthy, normal child, and doing it easily!
- Teach patient to deepen trance to count of 10 with the number 10 as the "deepest trance you can imagine." And then reports of the dilating cervix in cm. implies or can be given as a signal to deepen trance in a like manner.*

DEVICES TO AID COMFORT

1. Simple *relaxation*; trance prn: Can double the effect of medication, *halve* pain.
2. *Reverie*: Passes time quickly, pleasantly, sends messages to body to perform efficiently, heal rapidly.
3. *Time distortion*: Time of contraction passes "like a flash" leaving plenty of time between to rest and enjoy.
4. Deliberate *redirection* of attention from discomfort to *comfort*.
5. *Reinterpretation* of sensations in terms of familiar and pleasant.
6. Teach *glove anesthesia* and *transfer* (can do it mentally to difficult spot).
7. Revivify *saddle block* (epidural), tuning out any unpleasant part. trance.
8. *Dissociation* to another place, can "sit over there and watch."
9. *Posthypnotic Suggestions* provide helpful mind-set. *Reinforce* by reading at home in trance.
10. Feel sensation through *wall of numbness*.
11. As cervix *dilates 1–10 cms*, go *deeper* into comfort to count of 10.
12. *Counting* especially. Pendulum to occupy attention prn.

*This suggestion comes from Belinda Novik, Ph.D

Suggestions for a Comfortable Delivery

Joseph Barber, Ph.D.
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When a woman wants to learn hypnosis for a comfortable delivery without chemical anesthesia, it is my practice to request that her husband participate in the process (as many husbands now participate in the delivery). At the outset I indicate to the couple that our goal is to enable them, as a team, to create as much comfort, excitement, and joy as possible during childbirth. I generally begin by hypnotizing the husband, asking that the wife pay close attention to the process. During hypnosis I suggest to the husband that while in the hypnotic state he is well able to know how to hypnotize his wife, since he can better empathize with her needs, for example:

"Now you know the comfort of this state, and, even though you remain in this state, feeling comfortable, you can enjoy watching your eyelids begin to open, and as you look over at your lovely wife, you can begin, even as you sometimes pay attention to me, you can begin to say things to her that you feel will help her to feel more of what you are feeling. You can begin now to share this experience with your wife."

As the husband begins, I serve as coach, providing additional cues and suggestions when needed, attempting to develop a state of mutual hypnosis for the couple. As this process continues, the husband is coached to provide suggestions to his wife for analgesia during labor and delivery, for example:

"You'll be doing hard work, but you've done hard work before. And there will sometimes be such a lot of pressure, maybe more than you can remember feeling before, but you don't need to be surprised by it. You can just notice how easily your mind seems to somehow ease the pressure, letting it spread and flow, without blocking, knowing that there are no other feelings to bother you or disturb you. And your physician can talk to you, and the nurse can talk to you, and you can easily pay attention to whatever you need, all the while letting the pressure come and go, sometimes feeling so excited that you're soon going to get to see your baby. And since you're preparing for this ahead of time, training your nervous system so that this natural experience can be quite comfortable enough, you can also know that you are preparing for any eventuality. So that, no matter what situation might occur, no matter if there are delays or surprises, or whatever, you still have the freedom and ability to do whatever is necessary for your comfort. And I'll be there with you, reminding you of what we're doing, if you forget. And you don't even have to pay attention to me if I'm distracting you. You can just do whatever you need. The noise, the lights, the unfamiliar feelings are all just a part of what is for you the most natural experience in the world. And you might sometimes find yourself thinking, as the work goes on, and as the pressure builds, you might sometimes enjoy thinking about later, either in a few minutes, or a few hours, about holding our baby outside your body, not inside, and getting to look at our baby. And whenever I squeeze your hand, like this, you can just let go and remember how really far away and quiet and comfortable you can feel, and how nice it is to be able to rest between work."

The husband is also taught how to provide noxious stimulation, such as squeezing the skin of his wife's inner thigh, for the purpose of their practice outside the office, so that the wife can experience analgesia in advance of labor and develop confidence in her ability to create analgesia on her own. The couple is encouraged to practice daily and to return in a week, at which time their experience is discussed and any difficulties are explored and remedied. Generally, there are four such appointments.

A couple's relationship obviously plays a significant role in determining the pace and ultimate success of such a technique. In couples looking forward to the birth of their child and in women motivated to handle their delivery with hypnosis, this approach generally leads to quite happy results. Difficulties arise when the couple does not really want a child or if other aspects of the situation create fear or resentment. If, for instance, a woman wants her husband's support but he is unable or unwilling to give it, this issue must be faced before going further. A woman may learn to use her independence and autonomy in this situation; she may be able to locate an obstetrician willing to assist her in her use of her own psychological abilities, without the need to use her husband's help. Other difficulties arise if a woman has difficulty allowing her husband to help her, as was the case with one patient who initially giggled whenever her husband attempted to offer her suggestions; subsequent discussion revealed that the woman did not seriously believe her husband capable of any intellectual or emotional help to her in any situation. Our work became reoriented toward the wife's learning and practicing self-hypnosis and allowing the husband to "just share the experience," although by the time delivery occurred the couple had been able to move into the roles we originally attempted, and 15 hours of labor were experienced with little effort and no discomfort.

Advance training in pain control is easier than using hypnosis when pain is already being felt because learning to feel and maintain comfort is easier when pain, anxiety, and fatigue are not interfering. Certainly clinicians can help untrained patients during labor or other potentially painful experiences with hypnotic techniques, but in such cases attention needs to be

paid initially to the fact of the discomfort and then to how it might change.

The Hypnoreflexogenous Technique in Obstetrics

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INTRODUCTION

Fuller's suggestions are adapted from the work of Werner, Schauble and Knudson (1982). They use a verbal conditioning technique to (1) overcome fear of delivery with positive feelings that reframe maternity as a special experience, (2) substitute the concept of contraction for pain, and (3) presumably reduce the excitability of the cortex through psychological sedation. You are referred to Werner's original article for further details concerning the rationale for these suggestions. (*Ed.*)

SUGGESTIONS

In the hypnoreflexogenous technique you may notice that we exalt maternity and enliven you with the emotion which the happy waiting and the precious moment of birth represent. You, through your own conscious and active participation, can maintain this emotion throughout labor. Each contraction can be considered as a pleasing occurrence which draws you constantly nearer to the goal of delivery, closer and closer—with you being able to actually see your baby and hold your baby, because a contraction is a motor part necessary in order for you to have your baby.

I want you to fully understand that this method works even for women who have had previous bad experiences and who may believe that drugs and anesthesia are the only ways to stop pain. You have the chance to understand that at any time during labor and delivery, you can readily have whatever medication you want, when you want it. This serves to help overcome your past fears. Probably medication will not be necessary, and if required will be only a small amount. In regard to the time of onset of labor, the uterus does not break the harmonious, hypnotic, relaxing calm of your body. When labor begins you will experience little or no discomfort. You may ask yourself, or your doctor, whether you may be in labor; the important thing is this: Your only symptoms are the natural contractions manifested only by periodic hardening of your womb. In some cases, where a complete blocking of discomfort is not obtained, women find discomfort so distributed that it is felt mainly at the level of the lower back as a discomfort similar to that during your period, or a heavy aching in both thighs. The back and upper thigh discomfort stops quickly and spontaneously when the dilation of the cervix is complete. You may look forward to this because it is a positive sign, indicating that the time of delivery is near.

After delivery you may vividly remember these words: "In the next few days you will pass your water without being catheterized; you will move your bowels without enemas; you will have a good appetite; the food will appeal to you; the nursing staff will appeal to you; you may have a few sutures, but they are not going to bother you—you will hardly know that they are there; the entire stay in the hospital will seem like a pleasant vacation." The effectiveness of your calm, fearlessness, motivation and training provided your child with the opportunity to be born without feeling any guilt for causing you any pain during labor and delivery.

You may benefit by entering hypnosis at some point—it is your right, your privilege to do so, if you wish, to stay in this state of pleasant expectation throughout labor and delivery. However, you will probably not need to enter hypnosis during labor, since you will not be uncomfortable. During the training sessions, you are being taught three techniques

which produce the absence of pain and discomfort. First, you should understand and really understand that if at any time during labor or delivery you experience discomfort from an intense contraction of the uterus, automatically, without thinking, you will lapse into the deepest hypnotic state you can attain and remain in it as long as the contraction lasts, after which you will be completely comfortable again. Or, if the labor has gone on for quite a while and you would like a little nap, you may remain in the hypnotic state through several contractions or even through the rest of the labor and delivery.

Second, you can use the technique of allowing yourself to go to a pleasant place in your mind's eye. Really have a sense that you are there, that you are seeing the things that you see there, you are feeling the things that you feel there, you are hearing the things that you usually hear when you are at this place, enjoying yourself, being pleasant and comfortable. Continue to fully experience this and while you are there you may notice that you're noticing different sensations while you are in this place, this comfortable, pleasant, tranquil place where you can relax. While you are at this place nothing seems to bother you, you are just enjoying the moment there.

Third, why not learn to use a technique whereby you divide your body into two parts, an upper and a lower half. Now, I want you to include the uterus in the lower half. When you have done this, then you can awaken the upper half and learn to permit the lower half to remain asleep. . . . You may use these techniques in any stage of labor but usually, if needed at all, it will be at the end of the first stage for the lower backache type discomfort; during the second stage to push the baby out or to produce pain control for an episiotomy or any tear that might have occurred. The fact is you may not find it necessary to use any of these techniques at all. Now emphasis throughout hypnosis training in obstetrics is that you are not preparing to undergo a surgical procedure, but you are preparing to perform a normal, natural, physiological act.

Childbirth Suggestions

Larry Goldmann, M.D.
Fort Myers, Florida

1. Labor is a normal, physiologic process.
2. The contractions of the uterus are no different from the contractions of any other muscle of the body.
3. Surely you will feel the power of your contractions, but they are nothing more than muscular contractions.
4. Remember that each contraction carries you closer and closer to the delivery of your baby through a normal vaginal delivery.
5. Each contraction will be perceived as you desire, not as others would have you perceive them.
6. Your unconscious mind will cause you to become relaxed with each contraction—the stronger your contractions become, the deeper will be your relaxation.
7. Your husband's voice will be as relaxing to you as mine.
8. Your confidence in yourself and your partner will grow with each contraction.
9. You will look forward to each contraction, realizing that each one carries you closer and closer to the delivery of your baby.
10. Labor and delivery are exciting, enjoyable experiences that you can share with your partner in a relaxed, comfortable setting.
11. Remember that while you are in labor you are always in control.
12. You can have your baby your way—relaxed and completely in control.
13. You will find your husband's touch and voice to be relaxing and reassuring to you.
14. You will find that when your husband places his right hand on your left shoulder, you will become very deeply relaxed, when appropriate, without any effort on your part.
15. Just as you experience no discomfort when the muscles of your heart, intestine, or bladder contract, you will experience no discomfort when the muscles of your

uterus contract—for these are all normal physiologic functions.

Management of Antenatal Hypnotic Training

David Waxman, L.R.C.P., M.R.C.S.
London, England

SUGGESTIONS

In every confinement [labor], there are three separate and distinct stages. The first and longest of these is concerned with the necessary preparation for the birth of the child. This could not occur unless time were given for all the muscles to relax, and the passages to widen and dilate sufficiently to permit the passage of the baby. Once these are wide open, the second and more active state occurs. During this, the child descends through the passages, and eventually emerges and is born. When this has happened, there is still the final stage, which is not completed until the afterbirth [placenta] has come away.

Now, probably the first sign that you will have that labor has started is a slight show of blood, almost as if a monthly period were beginning. With this you will feel some weak contractions of the womb, with long intervals between them. Sometimes, the show does not occur, and the only sign of commencing labor is the presence of these weak, infrequent, but regular uterine contractions. When you first feel these, look at the clock and time them. No matter how long elapses between them, if they are occurring at regular intervals, you have probably started in labor, so either send for the midwife, or go straight into the hospital according to your previous arrangements. *You must not induce any hypnotic trance until this has been done.*

During this first stage, you will find that the contractions will be weak, and will not occur very often. They will gradually cause the passages to open up, but this is a slow process and takes time. They will cause so little discomfort to begin with, that the only thing you will need to do is to sleep as much as possible, and to relax. You will be able to do this by putting yourself to sleep and relaxing in hypnosis as you have been taught. Because of this, you will feel the contractions merely as pressure in your stomach, and they will not distress you at all. If anything, or anyone disturbs you, you will immediately put yourself straight off to sleep again, as a result of which your labor will progress more steadily and easily. You will remain perfectly calm and unworried, and not in the least bit afraid.

Later, as the passages open up, the contractions will become stronger, heavier and more frequent. You will not become frightened or try to resist this, because this is perfectly normal and helps the baby to be born. This is a sign that your labor is progressing well. You will be able to stay in your trance and remain relaxed by taking a series of deep, rapid, rhythmic breaths. With each of these, you will relax more and more completely. All tension will disappear and you will feel only the discomfort of heavier pressure from each contraction. You will not lose control, and will remain perfectly passive, allowing the contractions to do their own work, without trying to assist in any way.

A short pause may occur, after which the contractions will recommence with increased strength. About this time, the membranes will rupture and the waters escape. There is no need to become worried or alarmed about this, it merely means that you have entered into the second stage of your labor, and the actual birth . . . of your child is about to begin. Although the contractions become much heavier and more frequent, they will not frighten you, because soon it will be necessary for you to cooperate and help in getting your baby born. As the contractions continue, you will begin to feel an almost irresistible desire to assist by bearing down. No matter when this occurs, *you must not give way to it, until you are told to do so.*

If you do, you will delay the birth of your child, render it more difficult, and wear your-

self out unnecessarily, without doing a scrap of good. As soon as you feel this urge, tell the midwife or nurse, but do not give way to it until she tells you to. When she does, take a deep breath, hold it as long as you can, and push down as hard as you can as long as each contraction lasts. If you have to breathe out before the contraction is over, take another deep breath as quickly as possible and continue to hold it and push down, since it is usually the last part of the contraction that produces most progress. You will find that this will greatly reduce the discomfort. Remember, as you bear down and push, how much you are helping to bring your baby into the world, because this could not be done without some hard work and physical exertion. It will be well worthwhile. In each interval, between the contractions, you will be able to relax completely, and sleep.

As the baby's head descends, and appears at the outlet, the final process of delivery is about to begin. At this point, you will be able to obey all instructions implicitly. Whenever you are told to stop pushing, you will stop pushing immediately, and indulge in rapid deep breathing instead. As a result of this you will relax more and more completely, and as the head presses down harder and harder on the outlet, the whole area will become quite numb and insensitive. You will experience a feeling of stretching, and the sensation of something passing through the outlet.

Although you will probably require no extra help, suitable drugs or anesthetics will be available if you feel the need of them. They will not be given to you unless you request them. You have only to ask. If, on the other hand, you wish to remain awake as your baby is born, you have only to say so. When you have seen the baby, and the afterbirth has come away, you will fall into a deep refreshing sleep. You will wake up from this feeling really fit and well, and remembering very little of what has occurred. Throughout the whole of your labor, you will be able to talk, or answer questions if necessary, without waking up from your deep, relaxed, hypnotic sleep. You will be able to cooperate in every way, but you will feel far too sleepy and drowsy to become disturbed. You will carry out faithfully every instruction that you are given, just as effectively as if I had given them, myself.

EXPLANATION OF TRAINING

The main object of subsequent antenatal hypnotic training sessions is to condition the patient to become completely relaxed, both mentally and physically, whenever she enters the trance state, to remove fear and apprehension, and to instill suggestions of confidence and general and physical well-being. This conditioning is more effective if the patient is taught self-hypnosis and practices it regularly at home, thereby gaining much more confidence in her own power to control her reactions during the confinement.

When teaching self-hypnosis and in the course of each ordinary hypnotic induction, it is always advisable to couple suggestions of increased relaxation with deep, rhythmic breathing. Once this technique has been mastered by the patient, it will prove invaluable in the alleviation of pain and distress during her actual labor.

The suggestions to be impressed upon the patient's mind at each training session can easily be constructed from the detailed description of labor under hypnosis which has already been given to her. These should be selected and phrased to suit each individual case, in accordance with certain general principles:

1. Suggestions that the patient will continue to keep fit and well throughout her pregnancy.
2. That she will look forward to her confinement with pleasure and happiness, and not with dread and apprehension.
3. That everything is perfectly normal (provided, of course, that this fact has been clinically established).
4. That, during her labor, she will fall into a deep hypnotic sleep whenever she is told to do so, or upon a prearranged signal she gives herself to induce self-hypnosis, and all

subsequent suggestions will be both accepted and acted upon.

5. That each contraction of the womb will be felt as a not altogether unpleasant sensation. Even during the second stage, the feelings experienced will be simply those of increasing pressure, comparable in every way to ordinary physical exertion. Care must be taken not to abolish all her sensations, otherwise labor might well commence without the patient's becoming aware of the fact.
6. That every time she puts herself into a deep hypnotic sleep, she will be able to relax her muscles and relieve tension so completely that she will feel much less, and the delivery of the baby will become much easier.
7. That subsequently her breasts will more likely produce plenty of milk, so that she will be able to breast feed her child should she so wish, without difficulty. This last suggestion is likely to be successful since the commonest causes of deficient lactation are worry and fear. Hypnosis seems to abolish these by inducing an attitude of positive expectancy.
8. That once the confinement is over, and she has slept, she will wake up feeling perfectly fit and well, and may, if she so desires, remember little or nothing about it.

These specialized suggestions should be preceded by the usual ego-strengthening routine on every occasion. During the last six weeks of pregnancy, special emphasis is placed upon those suggestions relating to the patient's reactions and behavior, and the instructions she is to follow during her confinement.

If the practitioner, by any chance, will be unable to be present at the confinement, the patient must be placed posthypnotically *en rapport* with some other individual—doctor, nurse or midwife—with whose instructions she will comply as if they had been issued by the hypnotist. For this procedure to succeed, the deeper stages of hypnosis will have to be attained, and the individual to whom rapport is transferred fully informed as to the correct method of conducting a labor under hypnosis.

Erickson's Childbirth Suggestions

Milton H. Erickson, M.D.

Since you are a pregnant woman, you are expecting a baby, and you would like to have that baby in the way that is most comfortable to you. I want you to be sure to have it in the way that is most pleasing and most comfortable to you. If that means that you have to get a cramp in your arm from holding on to that grip, be sure to get that cramp because, you see, I don't know what kind of pain or distress you might want to have during the labor. All I know is that you want to have a very happy, very agreeable labor. You want to look upon the arrival of this child as a completely pleasing thing. Therefore, you might want a cramp in the right arm, a cramp in the left arm; you might want an itch on your leg; you might want to feel a labor contraction here and there. If you do want to feel a labor contraction I would like to suggest the following. You know that labor comes in three stages. The first stage gives you much more time to feel a labor contraction than the second or third stage. So if you really want to feel a labor contraction, do it in the first part of the first stage; because that gives you more time to study and to experience and to feel it. But, of course, you can also have a contraction that you feel in the second or the third stage, if you want to. In case you do wish to feel a labor contraction, I just want you to feel it in the most adequate way possible.

Being a medical man, I suggest the first stage, and the first part of the first stage; because that is the best time . . . to feel a labor contraction. But . . . [you can also] feel it in the second stage, or in the third stage. But in the third stage, you are going to be busy with a lot of other things. There is that impending question: What sex is the baby going to be?

An Ericksonian Approach to Childbirth

Noelle M. Poncelet, Ph.D.
Menlo Park, California

THE SETTING

The couple is seen in the third trimester of pregnancy when labor and delivery are immediate concerns. An audiotaped two-hour session usually suffices. I make clear I need not be present during labor and delivery. I am available for "booster" sessions or by phone if necessary. I request follow-up contact after the baby is born.

I send the woman's physician a letter that explains the nature of hypnosis and helps him or her recognize trance behavior. I make suggestions for ways the obstetrician can reinforce the trance, including a hand on the woman's shoulder, and/or simple sentences such as: "You are doing fine [first name]." I recommend lower trials of analgesic medication, if that is necessary, to avoid oversedation. I indicate that hypnotic training includes suggestions for appropriate responsiveness to interactions with the medical and nursing staff.

THE INFORMATION-GATHERING INTERVIEW

The information-gathering interview consists of two phases: (1) the identification of needs and "anchoring" of need fulfillment; and (2) fostering an understanding of hypnosis.

ANCHORING. In order to tailor the hypnotic training to the unique characteristics of the couple, I proceed by first asking detailed information regarding: (1) their assumptions about the childbirth experience or their expectations if this is not their first pregnancy, and (2) their needs.

Questions about assumptions and expectations allow me to hear facts and myths transmitted by significant others and the health staff and to determine if they are accepted to any extent by the couple (Poncelet, 1983). Particular attention is paid to metaphorical "organ" language. I question each spouse sequentially and treat them equally. Similarly, I question what their needs will be before, during, and after labor and delivery.

Most often the woman is quick to identify general needs, e.g., love and support from her mate and relief from pain. There is usually a pause when I ask her, "How will you recognize his love and support? What form do you wish his love and support to take?" I help her to identify whether she wants him to look at her, talk to her, touch her. What exactly does she want to hear? Where does she want to be touched? When? How much pressure? As I encourage her to create a totally satisfying sensory experience, I frequently am amazed at how specific many women can be, especially when invited to exclude some disagreeable behaviors.

It is delightful to observe the appreciative look of her husband as he sighs deeply and acknowledges the relief of knowing specifically how to be helpful. Many suggestions are elicited and the husband is then asked to state sincerely which behaviors he is willing to offer and which he would rather not. I will express disbelief at "blanket" acquiescence and will state that any need met out of obligation is poison to the relationship while those met out of desire are fertilizers. Helpful behaviors he agrees to are immediately rehearsed and anchored.

The process is then reversed and the husband is asked what his needs will be and how he would like his wife to best meet them. Stupefaction is a common response. Men have told me they do not need anything; this is not their time; all they want is to help their wife and make sure she is all right. I respectfully disagree and wonder aloud about their personal concerns and their isolation from the physical experience between their wife and child during the pregnancy. Tentatively first-time fathers begin to tune inward. Men who already have a child have less difficulty stating

their inner experience. Needs can now be formulated, agreement elicited from the woman, and their needs can be anchored. Encouraging husbands to voice their concerns provides two crucial points of relief for the woman: It is a validation and explanation of a worried look on her husband's face or perceived concern in his voice. She is less likely to interpret these behaviors as rejection or criticism. Moreover, it prompts her to get away from her preoccupation with herself, and attend to his needs. . . .

Mutual anchoring of needs can occur at the visual, auditory, and kinesthetic levels in a way that is unique to each couple's needs. Anchoring is rehearsed in the office. It is a natural posthypnotic suggestion for a satisfying interaction and for personal comfort and relaxation during labor and delivery. Furthermore, clarifying and negotiating needs clear the way for privacy to be respected by each, since such withdrawal no longer is interpreted as rejection and abandonment.

KNOWLEDGE ABOUT HYPNOTIC EXPERIENCE. The last part of the information-gathering interview focuses on the couple's knowledge of, and previous experience with, hypnosis. Successes, failures, myths and fears are carefully identified, again in behavioral terms. Experience with Lamaze and natural childbirth training, meditation, prayer and relaxation are acknowledged s useful and overlapping with the hypnotic tate. Needs to be in control of the experience nd complete responsiveness to the medical and ursing staff are stressed as being compatible and in fact enhanced) in the hypnotic experince.

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HYPNOSIS TRAINING

The partners are invited to enjoy the trance ogether, to make themselves even more comfortable than they already are. They are encouraged to readjust their body positions any time they wish to increase their comfort and relaxation. This is especially important because the pregnant woman may need to move if only in response to her baby shifting position. In fact, some pregnant women exhibit active trance behavior similar to that seen in hypnotized children; the main clue that a trance state has been experienced is the reorientation behavior seen as the trance is terminated (Poncelet, 1982).

EYE FIXATION. Both are invited to focus on a "spot" on the ceiling in anticipation of the many ceiling fixtures they will see at home and in the hospital. Thus an orientation to the future is suggested. Experienced subjects are invited to recall their most satisfying trance, meditation, or relaxation training experience, while untrained subjects are specifically led toward eye closure. Other trance inductions may be used to meet the specific needs of either partner.

DISSOCIATION. Dissociation is suggested to a *"favorite place filled with happy memories, where you have felt so relaxed, so comfortable, so safe. You can be by yourself or with each other, it does not matter."* They are encouraged to use the power of their imagination and to step into this place. Ideomotor finger signaling ratifies that this step has been accomplished and that trance is deepening.

RELAXATION. Relaxation is suggested in a variety of ways. Always added is an invitation to *"focus on the most comfortable part of your body . . . and with each breath in, increase and spread the feeling of relaxation, with each breath out, let go of unnecessary tensions and concerns. They can be put on hold and dealt with later, just like dirty dishes in the sink sometimes need to wait for an appropriate time to be washed."* Thus, anxiety is not discounted but postponed.

TRANCE DEEPENING. Deepening is achieved by the use of learning sets, suggestions about conscious and unconscious processes, truisms,

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TRANCE DEEPENING. Deepening is achieved by the use of learning sets, suggestions about conscious and unconscious processes, truisms,

and double binds. Many observations on the couple's trance behavior and appreciation of their accomplishments are also given.

PARTIAL AMNESIA FOR PREVIOUS CHILDBIRTH EXPERIENCE. At this point, suggestions are given to multipara couples for retrieving the positive aspects of, and the lessons learned from, their previous childbirth experience and for forgetting what was "uniquely negative about those events."

PSEUDO-ORIENTATION IN TIME. The couple is invited to "*think of the time soon in the future, the appropriate time only, when the baby will be ready to be born.*" It is important in orientation to the future to stress that the rehearsal is for the future only and not an invitation to go into labor now. Perhaps she will recognize a contraction, the rupture of her membrane. There will be signals for her to feel very joyful, excited, curious, relieved that the time has come . . . and to go into a very soothing and comfortable trance. Therapeutic suggestions can be added: "*Your body knew how to learn to walk; how can childbirth not be the most satisfying, pleasurable experience when it is linked to your love for one another now and several months ago*?"

As her husband learns from his wife that labor has started, he is invited to use her message to go deeply into an active trance which will enable him to help himself, his wife, and the obstetrical team. He is invited to tap within himself the ancient genetic primary knowledge that he has about the childbirth experience. He is reminded that he is the product of one sperm and one egg, that he started as a female embryo before differentiating as a man. . . . Both are reminded of ways to meet the needs they have agreed upon and that are now available to them so that each can be maximally comfortable, confident, and present to the other.

ANALGESIA. Contractions are described as "*the long abdominal muscles contracting while the cervix opens and the vaginal walls stretch. Your body knows what to do; your body leads, your mind observes and enjoys the experience.*" To maximize comfort, the metaphor of a switchbox in the mother's inner mind is offered. She is invited to identify the wires that connect every organ and the muscles involved in childbirth and to connect each one with a switch of a specific color. She is alerted to the light above the switch which goes on at the start of a contraction. This signal gives her the pleasure to recognize how well her body is working. She then can turn the switch off or lower it so that all she needs to feel is a *dull pressure, a numbing, cramping sensation, massaging her baby.*

AMNESIA. She is encouraged to appreciate the work of each contraction and to recognize it as *completed* and therefore ready to be forgotten as she immediately becomes absorbed in other activities: preparing herself to go to the hospital, enjoying leisure, conversation, rest, dreaming, sleep.

POSTHYPNOTIC SUGGESTIONS. The woman is encouraged to remain active during the first stage of labor, to follow her physician's advice on the proper time to go to the hospital, and to use the breathing and focusing techniques learned during childbirth training. She is invited to notice her trance and relaxation deepen with each contraction (or as she gets in the car, or at each traffic light, or as she approaches the hospital, talks to the insurance clerk, as she is greeted by the medical and nursing staff, as she sees uniforms, or when her physician and assigned nurse examine her, etc.) She is alerted to fluctuations of trance level as a normal phenomenon, especially in the lighter trance level necessary for verbal communication.

REFRAMING PAIN. Both partners are invited to recognize that if contractions are one minute long, for example, *in one hour there will be twelve minutes of work for forty-eight minutes of comfort.* Therefore, boredom and fatigue are identified as unnecessary enemies and the couple is encouraged to play, move, listen to favorite music, dissociate to favorite places and rest.

REFRAMING ANXIETY. Anxious feelings are welcomed because "if you can say hello to them, you obviously will be able to bid them. . . ." I encourage the couple to observe their anxiety, to recognize its appropriateness, e.g., the contraction/release mechanisms of the body, fear of the unknown, concerns about the baby, doubt about parenting abilities. I suggest they seek information if it is needed. "*An 'A+' for your childbirth performance is not necessary; all that matters is to enjoy and fully experience a special shared moment. If you feel you need medication, trust yourself, and take some; you can be pleased to know you need less because you are using hypnosis.*" Another metaphor is offered: "*Anxiety is like driving down the highway and coming to a railroad crossing. The light is flashing red and so, naturally, you stop, and listen. Before long you see the train coming from one side as you feel the ground tremble beneath you. You watch it crossing the highway and disappear out of your awareness as you proceed safely and cheerfully on your journey.*"

REFRAMING HOSPITAL LANGUAGE. In the hypnotic state, any sentence is a potential positive or negative suggestion. At this point, with humor in my voice, I direct the couple's attention toward the peculiar way some people have of expressing themselves. *For example, if a nurse comes in and says: "Are you in much pain, honey?" or "You don't look uncomfortable yet!" or "How bad are your contractions?" or "You are only six centimeters dilated,"* I tell the couple to *immediately adjust such a potentially negative suggestion with tolerance and delight to: "How comfortable am I?" or "I am already six centimeters dilated with four more to go."* Similarly, in response to the well-meaning physician saying, "This is your last chance to receive medication before your baby is born, the woman is invited to think, "I have a choice: do I want medication?"

TIME DISTORTION. "*Welcome to the second stage of labor* [or "transition," if such terminology is used], *your baby is near! Your contractions are stronger and more powerful* [rather than more painful]; *they are closer to one another. Trust your body; it will know how to breath and flow with the pressure, if you let it use all it knows and has practiced.*" Suggestions are given for time distortion so that in between contractions, time is experienced as relaxing and resting: "*Take a few moments . . ., all the time your unconscious needs to feel rested, regenerated with energy and refreshed.*" Dissociation is particularly encouraged at this time.

REFRAMING THE STRAINING. The straining, the panting, the buildup of tension are linked gently to preorgasmic experience (when one can look and sound in pain and not experience it as such). Low vocalizing is a natural vehicle that can help push the baby down. She can use her energy as a powerful drive (Peterson calls it aggressive [1981]) *that will massage the baby down the stretched and flexible passage* without any harm to her or the baby (see Peterson, regarding the woman's fear that she will be ripped open and her baby's head be crushed). I prepare the woman for the possibility of experiencing the orgasmic-like pleasure, the "rush" and "joyful shaking" at the moment her baby rotates its head through her cervix and down her vagina. I reinforce that it will be a private and enormously satisfying experience.

Her husband is encouraged, if she so desires, to fondle her breasts during contractions (Gaskin, 1978), to massage her back and apply counterpressure, to squeeze her shoulders, her ankles with an intensity that parallels the contraction, using his own intuition and responding to her direction.

It follows naturally to talk about the joy of actively bringing her baby into the world as the couple focuses next on the pleasure of seeing the baby's head, hearing its sounds, feeling him/her in one's arms, on one's belly, close to one's breast.

REFRAMING THE NURSING EXPERIENCE. I describe the baby licking the nipple before suckling, the familiar sexual pleasure that facilitates vaginal contractions. I talk in general about the plea-

sure for their baby of enjoying both the feeding breast, full of milk, and the empty breast, the one that pacifies. I explain the delight for the baby of experiencing two different sensations. Here I offer the possibility for the man to consider comfortably giving in to his natural yearning for the nursing experience, if he so desires as some men do, and if social mores have not inhibited his capacity to recognize this need and to act upon it.

BLEEDING CONTROL. As the couple is absorbed in the trance state imagining the pleasure of discovering their newborn, it is easy to slip in some rather direct suggestions for prompt expulsion of the placenta, bleeding control, comfortable stitching of the episiotomy, if necessary, quick and effective contracting to pre-pregnancy shape, and speedy and smooth healing and recovery.

POSTHYPNOTIC SUGGESTIONS. Husband and wife are asked to share their unconscious experience of childbirth with their conscious mind upon awakening from the trance in the hospital.

Both are encouraged to appreciate what they have accomplished in this office and to take time to practice going into a trance with or without the audiotape of this hypnotic training session, with heightened confidence that they will pleasurably experience the birth of their baby.

TERMINATION OF TRANCE. Suggestions for reorientation to the office are given. Comments, questions and clarifications are welcomed at the end of the session. Joyful anticipation is shared and my availability for "booster" sessions, if necessary, is made clear.

Childbirth Script

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Although this script is lengthy, it has been included to illustrate the manner in which repetition of suggestion is often included in actual work with patients. (*Ed.*)

INTRODUCTION

The childbirth script for labor, delivery and recovery was developed as part of the Stoler Program for Pain-Controlled Childbirth. It was based on previous childbirth scripts used in hypnosis, which have been revamped and restructured over a 10-year research period. The result of that research period is the present script, which provides women with a consistent, reliable and effective means of achieving the type of childbirth they have chosen to experience.**

CHILDBIRTH SCRIPT

[The script presented here was for a 36-year-old woman for her first pregnancy. She loved being at her grandmother's house near the ocean. The suggestions begin following an imagery induction to facilitate dissociation and deepening suggestions.]

DISTANCING FROM FEELINGS. Pay close attention to my voice. You have no cares or worries; right now, all your cares and worries will just drift away. Notice one of the fluffy clouds above you floating in the sky. You can allow yourself to put your nervous feelings, fear about the baby's health, fear of what people think, doubts about complications, loss of control, concern about your husband and all other negative scanning to be placed on that cloud, and allow it to drift away off into the distance, off, off, further and further away. So far and so distant that you barely notice it. Allowing it to be just a dot in the horizon, however, you do not let it totally disappear because you may choose to retain these feelings and retrieve them if you need them. But right now you have no need for them. You let them go and as you do you gain a sense of peace and calm flowing within your body.

You can allow yourself the pleasure of watching those feelings drift further and further away into the horizon. Notice that you do

**For further information, write to Childbirth Inc., RFD#2, Boxford, MA 01921

not allow them to entirely disappear, so that if you want those feelings, they will be there. But right now, you have no need for those feelings, so allow them to go off towards the surface of the water. These feelings will be there if you want them back or want to be in touch with them; they are close at hand, but for the time being you can let them flow and be just within your grasp.

You are peaceful, calm, relaxed; you go deeper and deeper, deeper and deeper, and as I talk to you, you continue to go into an even deeper state of relaxation. Everything but my voice is becoming remote now, quite remote; nothing else but my voice seems important, nothing else is important, nothing else but my voice. What I say to you right now seems of interest, even though my voice may come to you from a dream, or it may change in quality, as you relax more and more, as you sink deeper and deeper into this lethargy. As you relax more and more, you allow yourself to sink deeper and deeper and deeper, deeper and deeper into this lethargy. As you relax more and more, more and more, more and more, you allow yourself to sink deeper and deeper, deeper and deeper, into a deeper state of relaxation. Just relax now. Relax. [Still further deepening suggestions are given.]

CHILDBIRTH SUGGESTIONS. You are bearing a child, the child is developing, growing, preparing for entry into this world. You will give birth to the baby with joy and relaxation. You have felt the movement of your child within you, growing, developing and preparing for entry into this world.

You will give birth to the baby with joy and relaxation. The process is a natural, effortless, and automatic one in which you will be relaxed and you know that you are courageous. Saying this will be a reminder to yourself to do your visualization and keep your mind active and to concentrate on the ocean and your visualization to enhance your ongoing health and healing process of your body. You will be able to adjust yourself to your environment, even though you cannot change it. You can do everything better when you are relaxed, whether it be physical, mental or emotional. You can control your entire body with your mind. Your are relaxed and you have the ability to deliver your child in peace and relaxation. The act of bearing your child will be as natural and as easy as any other process of your body, like breathing in and out, breathing in and out, in and out, in and out, in and out. You will allow your body to flow rhythmically like the rhythmic flow of the breeze through the trees. Notice the leaves going back and forth, back and forth. You are relaxed and courageous. You know you are relaxed and courageous. You know the birth of your child is a joyful event in your life. You are courageous. You are relaxed. You are relaxed. You will be alert to hear your baby's first cry. You are relaxed and peaceful. You are courteous. You are relaxed and peaceful. You are composed. You are confident.

There is joy in you, and you feel strong, courageous, and there is an inner strength in your entire being. It is the birth of your child, and as you feel this strength and confidence, and vitality, you allow yourself to sink into an even deeper state of relaxation. When you are ready to go to the hospital after talking to your physician, you will notice that by saying to yourself, "Relax, calm, numb." You will be able to control and maintain harmony within your body.

IMAGERY FOR CONTROL OF COMFORT. You permit yourself to numb various areas just by picturing a switchboard with lights, heat sensors, dimmer switches, and on and off switches. Each light has a heat sensor under it, along with a dimmer switch and an on and off switch. This gives you complete control to adjust your body, your comfort level and sensation level. You have complete control to adjust the heat level and to adjust the dimmer switch. Thereby, by focusing on the various lights and adjusting the dimmer switch to any area on your body, you have complete control to adjust both the level and intensity of comfort you want. You have complete control for specific comfort and sensation levels. This ability, along with your thumb and index fingers together, will be a signal to go into a deeply relaxed state, a deeply relaxed state.

You will be able to control and regulate the degree of dullness, whereby you will feel pressure but not discomfort. This will allow you to be able to time your contractions.

At the onset of your labor you will dull all the nerves from just above your knees, front and back, to your pubic area, buttocks area, abdomen, lower back, upper back, chest cavity, just below your breast. If you can visualize an area like a barrel—from just below your breast to just above your knees, encircling your body—by adjusting the dimmer dial to the appropriate level of comfort, you will make it dull, where you will feel pressure and movement, but no sharp pain; pressure and movement, but no sharp pain. You have the ability to adjust the level of dullness in this area of your body throughout your labor. With the touch of your husband's hand (or the support person), on any part of your body, this will produce the required and desired amount of dullness. You will feel pressure and movement but no sharp pain, pressure and movement but no discomfort. You notice your contractions will be increasing and you will be able adjust the level of dullness by adjusting the dimmer switch to the level of intensity of sensation to the various parts of your body, to achieve the amount of sensation needed to feel the pressure and movement in a comfortable level, so that you can help the baby come out.

DEEPENING AS LABOR PROGRESSES. You will know how far dilated you are by the rotation of the sun in the sky and the coolness of the air. At 1 cm., you notice the air becoming cooler, and by 10 cm. you will know that you are in transition when you may have a desire to go inside the house. But you will allow yourself to notice the setting sun in the west and choose to settle back in the grass and enjoy the beautiful sight. You allow yourself to go into an even deeper state of relaxation so that you may help yourself and your baby to arrive safely. At this point you feel of the gentle movement of the wind over your body and you allow yourself to settle comfortably in the grass cave which is safe and protected. This will fill your souls with joy and happiness and this will encourage you to gain all your strength to go deeper and deeper into hypnosis to help yourself and your baby.

When you notice the sun setting in the west and the temperature drop, you know this will be a sign that you will be fully dilated, and you can gain more energy and the enthusiasm to push your baby into the world. At this point you can see your labor coming to completion. You will be aware to push your baby into the world. You can allow yourself to go into a very relaxed state, deeper than you have ever experienced before. By allowing yourself to go into this state, you permit your body to flow in its natural rhythms, and help and assist the natural movement of your muscles to gently, just like the natural gentle rhythm of movement of the distant ocean and the breeze through the trees surrounding, allow yourself to go deeper and deeper, and become more and more relaxed, and limp and loose like a Raggedy Ann Doll. At that point you will permit yourself to go deeper into this deep state of relaxation, whereby you can push your baby into the world with peace and tranquility.

TIME DISTORTION. You allow yourself to drift back into a wonderful deep state of relaxation. You allow yourself to go deeper and deeper, deeper and deeper than ever before. Time will pass quickly and pleasantly (within 4–10 hours or maybe longer), and there will be no fatigue, nausea, or exhaustion because of your relaxation. As labor advances, each contraction will be represented in the gentle movement of the ocean in the distance, going back and forth, back and forth, allowing you to sink deeper and deeper. And each contraction means you are reaching your goal, allowing you to go deeper and deeper.

PERMISSION FOR AMNESIA. You will remember only the things about labor and delivery that are pleasant; when the delivery is over, you will remember those things clearly and all other aspects of your labor and delivery will fade, with you coming closer and closer to the setting of the sun.

SUGGESTIONS FOR SOMNAMBULISTIC BEHAVIOR. You'll be able to move around the birth or labor room, use the bedpan or toilet, and still stay deeply hypnotized. In fact, you will go deeper and deeper, deeper and deeper, deeper and deeper during the process of delivery, than ever before. Opening your eyes will not bring you back to your usual state of awareness, but rather it will allow you to sink even deeper and deeper, deeper and deeper, deeper and deeper into this state of relaxation, concentration and peacefulness. It is possible there will be other noises, such as women moaning or other noises at the hospital or on the way to the hospital. These noises will not disturb you; instead they will act as a signal to deepen your hypnosis.

COMFORT WITH CONTRACTIONS. In the process of natural delivery, there will be no nausea, no sickness or pain, during or after labor. In childbirth the circular muscles of the lower part of the uterus relax and allow the longitudinal muscles of the upper part of the uterus to contract and push the baby down the birth canal.

SUGGESTIONS FOR CONTROL AND SELF-EFFICACY. As you relax you will permit yourself to go deeper and deeper. You will feel control to adjust the amount of dullness during labor and delivery, so that you can feel pressure and movement, but not pain. Your desire to take control and to make these adjustments is so strong because of two main reasons—you want to take control of your life and to help yourself and your baby. Therefore you desire to be able to control and adjust the dullness, so that you will permit yourself to feel only pressure and movement and no discomfort.

ENJOY THE MOVEMENT OF BABY. During labor and delivery you allow yourself to enjoy the movement of your baby. And with your eyes closed, you say to yourself, "Relax, calm, dull, courage." You let yourself sink deeper and deeper, deeper and deeper, deeper and deeper into hypnosis during labor than ever before. As the circular muscles relax and the long muscles push the baby into this world, this will be a signal to go deeper and deeper, deeper and deeper, and with each contraction, you will go deeper and deeper, deeper and deeper.

As you relax you will permit yourself to go deeper and deeper. You will feel control to adjust the amount of numbness during labor and delivery, so that you can feel pressure and movement, but not pain.

During labor and delivery you allow yourself to enjoy the movement of your baby. And with your eyes closed, you say to yourself, "Relax, calm, numb, courage." You let yourself sink deeper and deeper, deeper and deeper, deeper and deeper into hypnosis during labor than ever before. As the circular muscles relax and the long muscles push the baby into this world, this will be a signal to go deeper and deeper, deeper and deeper, and with each contraction, you will go deeper and deeper, deeper and deeper. You will be able to go deeper into hypnosis during labor than ever before, and each easy, gentle releasing breath and every uterine contraction will be a signal for you to go deeper and deeper, deeper and deeper. You will remain numb where you feel pressure and movement but no pain, pressure and movement but no pain.

When you will notice the sun starting to set and the sky colors becoming darker and deeper, you will allow yourself to realize that your positive energy will bring you strength and calmness to rejoice in the birth about to arrive. During labor and delivery you allow yourself to enjoy the smells and sounds of the flowers, the grass and the distant sea, and to feel of the warm sun over your body. As the sun is setting, you gain a sense of peace and harmony with the world around you and your body becomes more and more relaxed.

THE FINAL STAGE OF LABOR. And as you relax, the circular muscles relax and the long muscles push the baby into this world. This will be a signal to go deeper and deeper, deeper and deeper, and with each contraction you will go deeper and deeper, deeper and deeper. You will be able to go deeper into hypnosis during labor than ever before, and each breath and every

uterine contraction will be a signal for you to go deeper and deeper, deeper and deeper. You will remain numb where you feel pressure and movement but no pain, pressure and movement but no pain. [Repetition of previous suggestions is now given.]

COMFORT EXCEPT FOR SIGNAL PAIN. You will be able to respond appropriately, to help yourself and your child. Until the time when you need to push, you will allow your body to feel pressure and movement, but no pain, except if there may be damage to you or your baby. If you feel pain you will be able to report it to the nurse or some other person on the delivery team. They may need to know where the pain is located, so that they may help you. Then, once they have helped you, this will be a signal to allow yourself to become relaxed and to remain in a very deep state of hypnosis. After they have helped you, you will not need to feel the pain, but only pressure. You will remain calm and act appropriately to help yourself and your baby.

EDITING OUT NEGATIVE SUGGESTIONS. If there are people who are discussing you or your child's progress, in a way that is not beneficial to you, this will be a signal to go even deeper, and their voices will only be a muted, white noise to your ears. You will remain calm, poised, and relaxed. You will, if needed, be able to instruct the labor and delivery team through your ability to separate body from mind, so that your body will feel totally heavy and limp, in a deep state of numbness, in order that you can respond in a very logical and appropriate manner to help you and your baby.

Once this has been accomplished you will be able to go and concentrate on the safe place in the grass near the house, ocean, the shore, the sky, or concentrate on the movement of your baby. You will permit yourself to take greater control by saying to yourself, in your mind, "Relax, calm, poise, numb." This will permit you to go back to a very deep state of relaxation, whereby you will feel pressure and movement but no pain, pressure and movement but no pain. If there is a need to be transported into the delivery room or to have a cesarean birth because of some medical need for you or your baby, this will be a signal to reach an even deeper state, and by doing so, you will be helping yourself and your baby. You will only feel and continue to feel pain if it is needed to help you and your baby; however, as soon as the appropriate person acts to alleviate the problem, you will immediately go into a very deep state of relaxation, calm and total numbness. You will remain calm and act appropriately to help yourself and your baby.

COPING WITH ANXIETIES OR FEARS. [Following deepening comments:] If during labor a scary anxiety arises regarding the hospital, from the memories of having your miscarriage, fears of not being able to bond with your baby, or fears that something will go wrong or any other flashback that might interfere, you can choose to put them into a box. Then tie a rope around it and place it at the bottom of the well, not too far away. This well has a very heavy lid that cannot be opened by anyone other than yourself. These feelings will not surface and cannot be touched unless you choose to retrieve them. You will always know where they are because you have placed them there and only you can retrieve them. These feelings cannot surface unless you choose to retrieve them, to work through the feelings in your therapy to help you make your life more productive and happier and healthier. You will always know where they are because you have the control and you have chosen to place them there. Allow yourself to settle back and listen to the sound, and movement, of the deep and the wonderful feeling of lying in the spring grass. Allow your body to feel heavy and limp, and to listen to the breeze through the trees and the distant ocean going back and forth, back and forth, back and forth in a melodious rhythm. You feel the warmth of the sun over your body. You feel at peace.

THE DELIVERY. Opening your eyes will not bring you back to your usual state of awareness; rather, it will allow you to sink even deeper and

deeper, deeper and deeper in this state of relaxation and peacefulness. When the delivery team announces that the baby is coming out, you will be able to open your eyes, and will be able to touch and assist your baby coming out into this world. Watching the birth of the baby, and seeing the blood and secretions will have no negative effect on you. Rather, you will watch in interest.

CONTROL OF BLEEDING AND PAIN. By turning off your valves, you will be able to decrease the flow of blood, and by relaxing the perineum, you will be able to push through and stretch the perineum with little or no tearing. If you need to have an episiotomy, you can numb and decrease the flow of blood to the area. And the area will remain numb until the stitches are healed. After your delivery, the perineum will return to its size before the birth of your child so that you may enjoy an active and enjoyable sex life.

SUGGESTIONS FOR POST-DELIVERY COMFORT AND WELL-BEING. If hemorrhoids appear, you will keep them numb in that area until they have gone. With your relaxation and concentration the flow of blood in the veins in your legs will virtually eliminate any and all varicose veins. After labor is over, you will feel only pleasantly tired, so you can relax and be able to void the urine in your body. You will sleep easily at any time in the hospital or at home. During and after delivery you will be happy, courageous, confident, proud, and you will have a wonderful feeling of accomplishment because you will be relaxed and happy. There will be no need for maternity blues. You will be able to calmly deal with your new baby at home, and the activities of your home life. You will feel only calmness, happiness, contentedness, a relaxed feeling, a feeling of accomplishment. If after delivery, after-contractions may occur, or if rectal discomfort develops, you will automatically be able to numb the areas of discomfort until those areas are healed.

SUGGESTIONS FOR LACTATION. Your relaxation will allow the milk to develop quickly in your breasts. You can turn the valves to produce more milk quickly, and turn off the switches for any discomfort in the area. However, if an infection such as mastitis should occur, you will feel discomfort in order to inform your physician. But if there is no infection or major problem with the breast, other than general irritation, you will not feel pain or discomfort. When you have chosen to stop breast-feeding, you will be able to dry up the milk easily and comfortably by slowly turning off the valves to that area over the period of several days.

FURTHER SUGGESTIONS FOR SELF-EFFICACY. [After further deepening comments:] Within you is a sense of control, comfortable peace and tranquility. You feel a sense of power, control, inner strength.

ONSET OF LABOR. When labor begins the contractions may hurt; at that point, you will start timing the contractions. When they are continuous for a half-hour, coming every seven minutes, you will call the doctor. Based on what you are told you may choose to call the answering service if you want me or my support person to be with you at your delivery, so that she or I will be able to meet you at the hospital. When you start to dial the office number of the doctor, you will say to yourself, "Relax, calm, courage, numb." This will be a signal to adjust the dimmer switch to numb those parts of your body just below you breasts to just above your knees, in a barrel-like area that will surround that area. You will allow yourself to maintain the needed level of numbness whereby you will feel pressure and no discomfort.

Upon reaching the hospital, you will be able to maintain the needed level whereby the admitting nurse or a doctor agrees that you are in active labor. At that point, you will allow yourself to become even more numb, whereby you feel pressure and movement, but no discomfort.

If there is a traffic jam on the way to the hospital you can deepen your state by putting your thumb and index fingers together and taking one long, deep breath. This will act as a

signal to allow you to go into a very deep state whereby you will achieve a very deep state of numbness, calm, and relaxation. You realize that by focusing your mind on your hand held monitor, and adjusting the dimmer switch, you can control the level of sensation and intensity you wish. You have complete control over how much dullness you want to have at any given time. Also, you may choose to have your husband or someone who is driving the car put his/her hand on your body, and by doing so you will achieve specific dullness to the area where he has touched.

If for some reason you are unable to leave your home and your husband is not with you and you are alone, by taking one long deep breath through your nose, and breathing out through you mouth, you will permit yourself to go into a very deep state of hypnosis. At that point you will allow yourself to focus your mind on your body and picture what areas you need to dull. With this focus and with picturing your scene, and repeating to yourself in your mind, "Relax, calm, courage, numb," you will be able to help yourself and your baby. You will remain calm and poised, and know that you have the ability to make decisions wisely to help you and your baby.

You will be able to visually go within yourself to monitor the progress of your baby, and your labor and delivery. You will be able to make, if possible, all the necessary phone calls to obtain assistance in your labor and delivery. You will feel relaxed, calm, and will maintain the needed level of dullness to deliver your baby, if necessary, in good health and tranquility. During this period you will allow yourself to focus on the movement of your baby, your body, and to picture yourself in your safe spot in the grass and how wonderful this feels. This calmness and relaxation will allow your baby to enter the world with an Apgar of possibly 9 or 10. You feel a sense of joy and life within your soul.

YOU MAY FEEL DESIRED SENSATIONS. At any point during your labor you may wish to feel the actual labor and the strong contractions. You can choose to do so by saying to yourself that you want to experience the sensation. Once this has been accomplish, this will be a signal to allow yourself to dull the area and relax, and obtain a comfortable level to permit a comfortable level of pressure but no discomfort, and to allow yourself to go even deeper into hypnosis than you have ever been before.

COMFORT FOR MEDICAL PROCEDURES. If at any time in the process there is the need for any kind of injection, for example, to place an intravenous tube, you can numb that area by focusing your mind and picturing the area. You may feel pressure, but no discomfort; pressure, but no discomfort. If for any reason the medical staff do not do a procedure correctly, your body will be aware of it, so that you can inform them; for example, if they do not put on the fetal monitor correctly or put in the IV correctly. Once you have told them, this will be a signal to allow yourself to go into a very deep state of hypnosis and to help yourself and your baby appropriately.

SUGGESTIONS FOR POST-DELIVERY CARETAKING. After labor and delivery are over, and you have returned home, your sense of peace, calm, and strength will help in your recovery time and help you sleep, whether you have a vaginal or cesarean birth. Your inner strength, relaxation and desire will shorten the recovery period and help you to cope with the newborn's needs. You will remain relaxed and at ease.

You will eat only foods that are good for your body, such as complex carbohydrates, fruits, vegetables, and lean meat, while eliminating fats, sugar, and white flour. You will eat only when your body needs, not your emotions need, to be fed and nurtured. Therefore, you will eat only when your body is hungry, and only in small quantities. You will eat slowly and enjoy your food. You will gradually go back to a full exercise program that will bring health and contentment to you. This will help you reach your goal of ___ pounds that you have set for yourself. You will allow yourself to engage in activity—mentally, emotionally, and

physically—that will bring to you health, longevity, and peace—mentally and physically and emotionally. You will permit time for yourself and time to take naps when your body feels fatigued. Your desire to achieve this goal in life will provide the strength and endurance for you to be able to reach your desired weight of ___ pounds.

By eating only when you are hungry, eating only the foods that are good for your body, eating small quantities, eating slowly and enjoying each and every morsel of food that you put into your mouth, and by exercising appropriately every day for a minimum of one 30-minute period, you will achieve your desired weight.

This calmness and relaxation will allow your body and mind to function more effectively. You feel a sense of joy and life within you soul. Let yourself sink deeper and deeper, deeper and deeper. Notice the warmth of the sun and the wonderful feeling of the world surrounding you. Within you is a sense of control, comfortable peace and tranquility. You feel a sense of power, control, inner strength.

SUGGESTIONS FOR SELF-HYPNOSIS. You know that you can put yourself into hypnosis any time and any place except where there is danger to you or others, such as driving or cooking, where there could possibly be danger to you or others. Otherwise you can put yourself into hypnosis very quickly, and with each trial and each time you will be able to go into hypnosis more rapidly that ever before and the suggestions here, or that you give yourself, will last longer with each trial. You will always find hypnosis refreshing and relaxing. No one can put you into hypnosis without your agreeing to it. Otherwise you will always find hypnosis helpful in reaching your goal of taking greater control of your life.

If, for some reason, you need to put yourself into hypnosis where it is not feasible to close your eyes, such as at work, or when dealing with the baby, or in the middle of a stressful situation, you can put yourself into this wonderful feeling of calm and relaxation by taking one long deep breath through your nose. And as you breathe out through you mouth, you will permit yourself to go into a very deep state of hypnosis. At that point you will allow yourself to focus your mind on your body, picturing your scene, or any other peaceful and secure scene, and repeating to yourself in your mind, "Relax, calm, poise, courage," you will be able to help yourself. You will remain calm and poised and respond more effectively to take care and help yourself. [Suggestions are now repeated.]

Because you and I have worked on the various suggestions, along with the script I have developed to help you take greater control over your life, each time you listen to this tape, each time you reaccept the suggestions that are contained on this tape, the suggestions become more and more a part of you. Even though you may not consciously remember them, they will remain there in your unconscious, and they will work better and more effectively than ever before. You are letting yourself sink deeper and deeper, deeper and deeper.

Preparation for Obstetrical Labor

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VERBALIZATION FOR GLOVE ANESTHESIA

[Glove anesthesia is produced as follows:] And now you will go into a deep, hypnotic state, way down, deeper and deeper! You are going to produce glove anesthesia. As I stroke this hand, it is going to get numb, heavy, and woodenlike. When you are sure that this hand has become numb, just as your gums would be after your dentist has injected procaine, you will then transfer this numbness to your face. *With every movement of your hand toward your face*, it will get more numb and woodenlike. [The hand moves to the side of the